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MAGAZINE OF PHYSICAL CULTURE

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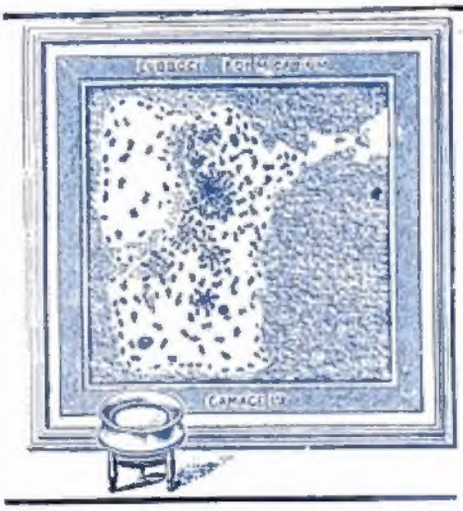

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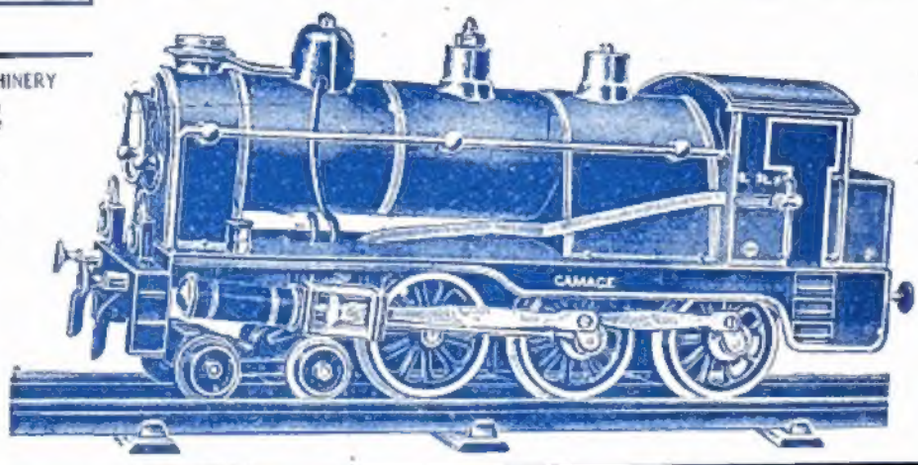

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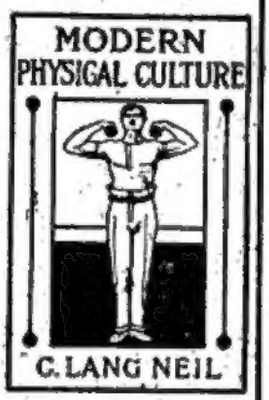

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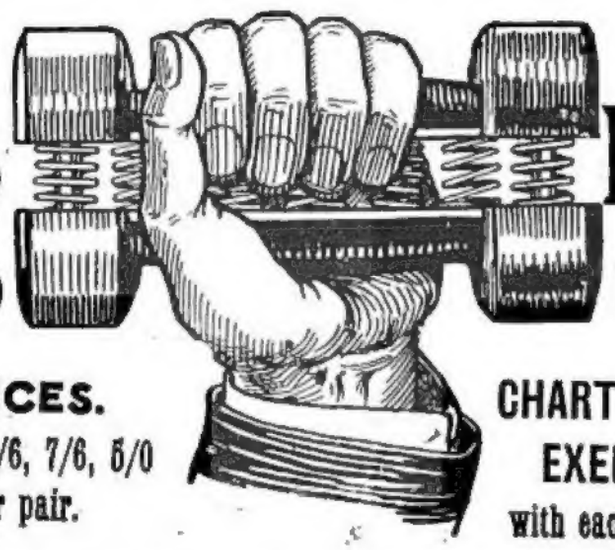

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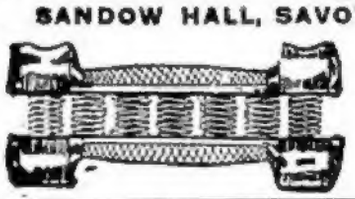

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... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I cannot express the gratification I feel at the remarkable interest that is everywhere being evinced in the comprehensive education of the young. For a long time I thundered alone against the one-sided methods of education employed in this country, but, thanks to constant hammering, the subject has gradually fastened itself in the minds of legislators, sociologists, and the press, and to-day it is well-nigh impossible to lift a paper that does not contain some article, note, or letter, in favour of the physical education of the young.

o——o

But I sincerely trust the physical training will be placed in the hands of those fully qualified for the work. I hope the work will not, as it was on another historic occasion, be delegated to the War Office. The result then was in the words of Dr. Macnamara, "A really ludicrous *réchauffé* of the Recruit Drill part of the soldier's Red Book." An intelligent system, with a capable executive behind it, is necessary for success.

o——o

The teachers should be men and women of infinite patience and tact, and especially trained for this branch of education. To turn the average teacher on to this work would be simply ridiculous, unless they have especially educated themselves for the work first.

o——o

In a recent article in this magazine, a member of the unemployed remarked on the fact that few of the regular "knights of the road" ever actually wanted money or food. An instance of this has just been furnished by a tramp who, at High Wycombe, boasted that he could "earn" a shilling an hour by begging. When arrested, a P.O. Savings Bank book was found upon him, showing that he had banked money at different places during his peregrinations. It is time indeed, that England provided penal labour colonies for the compulsory detention of such professional vagrants.

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There has been quite a lot of talk recently as to how best to make the army attractive. Tommy Atkins has such a rough time of it in actual warfare that his life in barracks during peace time ought to be made as happy and healthy as possible. Yet the Army Council has just decided that the system which restricts married soldiers, having children, to one room cannot at present be improved. So the poor army Benedicks must continue to live under these undesirable and unhealthy conditions. Little wonder, the recruiting sergeants find it so difficult to get recruits of an acceptable type.

PRIZES FOR CLEVER READERS

As mental stimulus for readers, prizes will be offered in various competitions in future issues. All entries must be original. Results will be made known soon after issues.

1. For the Best Article on any subject appertaining to Physical Culture or Health. Length not to exceed 1,000 words. 1st Prize: Complete Course of Personal (12 Lessons) or Correspondence (about 34 Lessons).

Instruction in Real Self-Defence and Attack, by Professor Garrud, the famous expert on antagonistics, and his Japanese assistant, Mr. K. Kobayashi, of the Anglo-Japanese School (Dept. S), 7, Featherstone Buildings, Holborn, W.C. (see advert. on another page for particulars for instruction offered). Personal means that the lessons will be given to the successful competitor at the school or by correspondence should he or she be resident too far away from London. In the event of a lady reader proving successful, the lessons would be given under the supervision of Mrs. Garrud, an accomplished lady instructor. Entries for this event close March 31st.

2. For the Best Humorous Poem dealing with Physical Culture. Length not to exceed 100 lines. 1st Prize: Complete Correspondence Course, as above. Entries close April 18th.

3. For the Best Humorous Sketch connected with Physical Culture, drawn in line or wash. 1st Prize: Complete Correspondence Course, as above. Entries close May 1st.

2nd and 3rd prizes in each of above three events to be 10s. 6d. and 5s. worth of books, to be selected from Our Readers' Library (see advert. pages).

I must congratulate the workers in connection with the London Girls' Club Union on the progress their organisation is making, and the good work it is doing in the cause of physical culture. The Union has been allowed a grant by the Education Office for the promotion of physical education, and this has proved a valuable stimulus. At a recent competition, no less than 122 girls of all ages competed. The improvement in the physique and health of many of the girls since they joined has been remarkable.

o——o

"Man is the only animal that drinks when he is not thirsty," said Professor Stirling, in a recent lecture at the Royal Institution. And the drinks themselves in nine cases out of ten are injurious, neither adding energy nor repairing loss. The effects of taking tea, coffee, and cocoa, which are simply drugs, is to increase intellectual activity. For that reason the French call them "intellectual drinks." Alcohol lowers the temperature of the body and, though first stimulating, ultimately paralyses and destroys the function.

o——o

The conditions under which many of the poorer class of workers have to live are bad enough in large cities, but some terrible revelations were recently made at a meeting of the Ongar Guardians as to how the Essex "pea-pickers" have to exist during the picking season. Mr. Walthain, a large pea-grower, said that pea-pickers in Essex were often treated like wild animals, being allowed to sleep on the ground, drink water from tubs in which they had washed both themselves and their clothes, and live under grossly improper conditions.

o——o

It is now a well-known fact that every school in Berlin is visited periodically by medical men appointed by the municipality. Dr. Macnamara has for a long time been advocating the same system for this country, and Mr. Birrell has recently received a deputation from the National League for Physical Education and Improvement. When this subject was broached Mr. Birrell gave a very sympathetic reply, and I sincerely hope that some feasible method of adopting the plan will be found without further adding to the already heavy burden of the ratepayer.

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I have always contended that the grocer with a license to sell wines and spirits is a greater menace to the welfare of the people than the proprietor of the ordinary public-house. There is no doubt that many women, who would be ashamed to be seen entering a public-house, obtain their drink from the more respectable stores, and are thus able to keep their pet vice secret. I firmly believe that this state of things is largely responsible for the lamentable increase of drunkenness among women, especially among the comfortable middle-class.

o——o

An interesting article appeared recently in the *Evening Standard* on the subject of juvenile cadet corps. The writer gives an interesting insight into Colonial methods and those employed in the United States. In Australia, the law allows the training in cadet corps of boys over 12 years of age who are attending school, and of youths between 14 and 19 who are not. In this way, the Commonwealth hopes to get 60,000 boys under instruction at an annual cost of about £30,000. In New Zealand, a similar law exists, and also provides that the Governor-General may give the control of the Cadet Corps to the Education Department. In Natal, the law of 1903 orders school instruction in drill and musketry, and in the United States army officers are detailed to give instruction in drill, musketry, and field artillery to all schools conforming to State conditions.

HOW RUNNERS GAIN "SECOND WIND."

THE runner who sets out on a two-mile race usually passes through two distinct stages of exhaustion. In the first quarter, if the pace be fast, he feels the first symptoms of breathlessness—the throbbing temples, the surging in the ears, and the tightness about the chest that makes so many men drop out before completing half the distance. This might be called acute fatigue; but if he can keep on, the distress passes away. The heart and lungs work a little harder, and at last succeed in catching up with their task of purifying the increased stream of sewage brought to the lungs by the blood, to be carried off in the form of gases by respiration. The distress disappears from the face, the lungs seem to regain the power to expand, and a crushing weight appears to have been lifted from the chest; the head becomes clear, and the muscles act with renewed vigour and elasticity; the man has got his second wind.

Though breathlessness may be described as acute fatigue, fatigue is not chronic breathlessness. Breathlessness is a form of suffocation, sudden in its onset, while true fatigue is a general poisoning of the whole system and exhaustion of all its powers—a test of stamina rather than of that lung capacity required in the more rapid race of a middle-distance race. Many by-products of muscular action are not carried off by the lungs; and although insidious in their action, they sap the vital powers as surely as those that are quickly thrown off in the outpoured breath.

If breathlessness may be compared to the imperative need for water felt by a thirsty man, then fatigue may be likened to the gnawing pangs of hunger, less urgent, but undermining the powers with certainty.

After the relief felt by getting his second wind, the runner begins to notice a general lassitude creeping over him. His muscles become slower and slower in responding to his will; the effort to make his limbs move requires greater and increasing concentration of attention, and the leg or thigh duly becomes knotted with lumps from the accumulation of irritating poisons in the substance of his muscles. Lassitude gradually deepens; group after group of muscles refuse to continue their work, until the weary runner staggers along with relaxed grip, yielding ankle, fallen jaw, and eyes closing into temporary paralysis.

CURIOUS GOLFING ACCIDENTS.

By GEORGE HIBBARD.

NEARLY everyone who has played cricket can remember some curious feats accomplished by the fast travelling sphere of leather. Golf has also its curiosities, and an interesting budget of remarkable feats that sometimes astonish golfers has appeared in the columns of *Outing*, a well-known American magazine devoted to outdoor sport. Here, for instance, is a curious instance of what luck will sometimes accomplish:—

Two golfers, in an important match, were playing up toward one of the last holes of the course. The man whose turn it was to approach made his shot, and played his ball as near to where the flag was as possible. The ball struck the flag and bounded off at an angle. When the players came up to the green, they found that the flag was not in the hole, but the ball, in bounding off, had rolled in the direction of the hole and actually rolled into it.

An accident quite as remarkable, and with a touch of that humour which is showing itself ever in this wonderful game, took place in this country. Two well-known players were engaged in a close contest. One of these, at an advanced hole of the match, was a little down. Both had made equally good drives, but a poor second shot had put the player who was behind with a high board fence between him and the hole. The other man played, and placed his ball neatly on the green. He walked onward with all the confidence which comes from lying almost dead, while one's opponent is playing one more in a less advantageous position. Suddenly he saw the other ball roll across the grass, and come to rest within a foot of the flag. To play over the fence was almost impossible to do with any accuracy, but his opponent had played and made a poor shot. His ball, however, instead of striking the fence, had passed neatly through a knot hole, and come to rest in a position which enabled him to putt out, winning the hole.

BIRD KILLED IN FLIGHT.

For a long time I believed that the tale of a bird killed by a golf ball was apocryphal.

The first convincing testimony came from the loser of the match last mentioned. A bird had been killed by a golf ball—to his knowledge. And, most remarkable of all, a flying bird by a golf ball also soaring through the air. The driven ball struck the bird fairly, and it fell dead. That there can be no doubt about this, I hasten to give the reasons for my confidence. The fact is attested by a distinguished divine of the Presbyterian Church, and a Judge of the Court of Appeals of the State of New York, than which, as anyone must admit, there could not be better testimony. Usually an historical occurrence does not take place under such fortunate conditions.

Upon the principle of a deluge following a downpour, the writer's mind had no sooner been set at rest upon this hitherto doubtful point, than new proof was added to what was already so satisfactorily proven. With his own eyes he was witness of a golfing accident almost as singular. He was playing a short hole of three hundred and fifteen yards, with the green in a "punch-bowl," the hole being in the centre of the depression, surrounded by circular enclosing banks. His opponent played with the intention of dropping his ball in the hollow. He topped it, however, and it ran briskly along the ground. As it bounded onward, a number of birds which had been resting in the grass rose and fluttered upward. At that moment the ball was stopped. The players thought that it

had struck a piece of wood, as a dark object was seen to move. Coming up, they found, however, that a bird had been hit. The ball had evidently struck the bird on the head, breaking its neck and killing it instantly. The player whose ball had brought down the bird sitting, in this unexpected manner, gave it into the hands of a taxidermist. Now in his house it stands to point and adorn another golfing tale.

Speaking of the bird killed on the wing —in a somewhat long golfing experience —the writer has only once seen two balls hit each other in the air. On the links where this happened, the First Hole was parallel with the Home Hole. A ball, sliced by an outgoing player, was hit in mid air by a ball pulled by a player coming in. Both balls broke in widely different directions, and fell directly to the ground. Fortunately, the matches were not important, or the state of the game critical; as, in spite of the players being friends, the ire which seems so readily excited upon the links might have been aroused, and the eloquence of language, for which golfers are justly celebrated, have quickly followed.

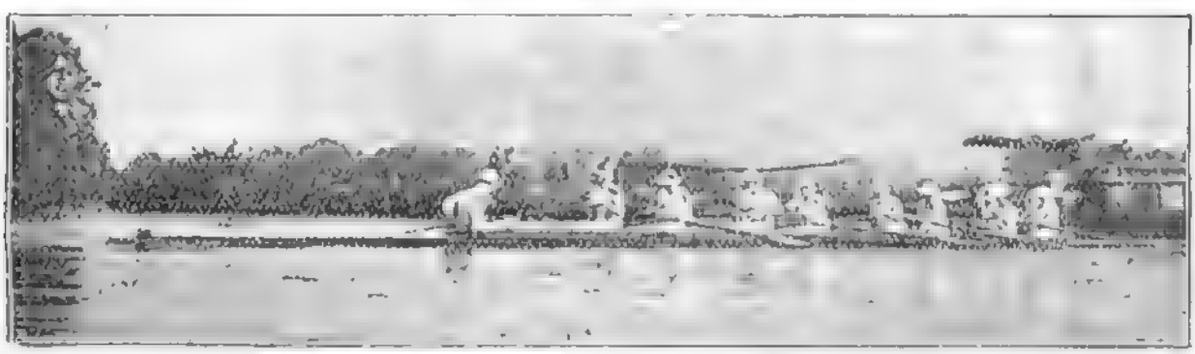
LOST IN A TRAP.

A golfer once met with a singular piece of ill luck when playing the North Berwick Links. He tells the story himself, and even in his own club, where he is known as a most truthful and upright person, it was not at first received with the entire confidence which he claimed for it. Knowing the narrator as I do, I have no doubt as to the accuracy, and take this occasion to say that I am prepared to believe even a steeper yarn from the same source. As happened, this golfer, playing a hole of the famous old Scottish links, and coming up to the place where he thought his ball was, could not find it. He and his caddy searched for some time. Near the line of the course was an excavation; into this they looked, but could not find what they sought. Looking closer, he saw that a large drain pipe led from the hole. Investigating still more, he discovered, at the opening of the pipe, a trap set to catch some small animal. Examining further, he found that his ball had rolled into the trap, sprung it, and was safely held there. Of course, he lost the hole.

The present writer and golfer has seen a ball, played out of bounds, fall into a large tin can. The player was obliged to play the tin can. To write that the can was played to the green, and that the ball then fell in the hole, would be pleasant. As was the fact, however, the ball, when the can was hit, bounded out of it, and was then played in the regular manner.

"OLD AND CRUSTED."

There are many legends of the links—as mythical as the old Greek Legends, and as wonderful. Perhaps, as was possibly the case with the Greek Legends, there was once in the dim past some foundation of fact, but there has been so much added to the original material that the facts of the case can no longer be recognised. The story of the man who played a ball into the wool of a sheep on the course may be true. Things quite as remarkable have happened. That the sheep walked to the green, and shook the



THE LIGHT BLUES AT PRACTICE.
The Cambridge Eight accomplished a most sensational performance in practice recently.

ball off on it, must be, however, doubted. That something the same story is told of a mythical raven, which picked up the ball and deposited it in the hole, gives the tale more of the true mythical character; the same story often appearing in various changing forms. However, at the risk of having his own word doubted, the present scribe must relate something which actually happened to himself. He was playing on the private links in the extensive property surrounding one of the famous country houses of the East. In one of the fields through which the course passed, some cows were pastured. Driving from the tee, he saw his ball carry a respectable distance—roll on a little farther—only to be caught up in the mouth of a small calf, which had been feeding a short way off. If he could say that the animal carried the ball on, and dropped it near the flag, the story would be better. Alas! truth compels the statement that the calf, after curveting along for at most a hundred yards, let it fall.

Indeed, "the queer things we do, and the queer things we see"—to quote from the popular song once so well-known—in golf are very numerous. A ball that has dropped directly from the tee shot into the four and-a-quarter-inch orifice of an eighty-yard hole, only, however, to bound out again, is a minor happening that may be attested from personal knowledge. And at the same hole—a short shot across an old disused quarry—a strange golfing incident occurred, which, if not an accident, was singular enough to merit narration.

A man who was a scratch player was giving another man a stroke a hole. The man who was receiving these heavy odds, having won the preceding hole, had the honour and played first. As happened, by wonderful fortune—and this was a curious accident—his ball rolled into the hole in one. The other man had lost the hole before he had played a shot.

The rolling of a ball into a hole in one is not an uncommon enough thing to need particular mention. There are, however, records of such very long holes made in one, that a list of such happenings might very well be placed among curious golfing accidents. But every golfer knows of such, or has heard of such.

A BALL WITH A HUMAN FACE.

There is another golfing story having something of the mythical tone, which is yet so possible as to be almost credible. On a very rainy day—upon a very soft and clay-covered course—a golfer swung his club down on a ball resting on the side of a bunker. Watching to see the flight of the ball, he saw nothing. Looking at the ground, he could not see it. But, happening to notice the head of his club, he saw a large clot of clay clinging to it, in which the ball was imbedded. The story goes on to say that he walked up to the hole, shook the ball out of the clay into it, claimed the hole, and it was given to him. That the first could happen is highly probable, but the climax may be questioned. Still, this is not beyond the bounds of possibility, as far as the rules are concerned, and with such strange things occurring, if not true, it is *ben trovato*.

As the writer remembers what he has written, he is suddenly assailed with certain doubts. Either he may seem a person of quite wonderful credulity himself, or else one who seeks to make great demands upon the credulity of others. But, indeed, neither one nor the other is the case. Truth is, in fact, often stranger than fiction, and there is no place where this is more clearly shown than on the golf links.

In a mixed foursome, a ball was driven with a top from the tee by a fair but inexperienced golfer. Her partner made a clean shot. Again the lady topped the ball. Her partner played once more, hitting the ball fairly. Once more the lady made a poor shot, the ball, however, rolling on the green. The three strokes of the fair performer had neatly cut eyes and mouth as well as if it had been done on purpose. That this happened the writer knows, for he was of the foursome. He picked up the ball. He had kept it, and he has it now.

CURING BY DIET.

The Wonderful New Sunshine Cure.

ACCORDING to Dr. A. J. Atkins, of the California Medical College, the life principle from which we get our energy is nothing more nor less than natural electricity.

Dr. Atkins holds his profession responsible for many of the ills which we've always believed we were heir to.

"Yes," said Dr. Atkins, to our representative, "I have discovered the life principle—which is electricity—electricity in the blood. I stake my professional reputation on this fact. I gave years of thought and study to it. Still, it is so simple that I'm astonished I did not discover it at once. I have by various experiments discovered and demonstrated that human blood is purified by electrochemic action taking place in the air cells of the lungs, outside of the blood stream; also that oxygen of air does not pass into the blood by osmosis (diffusion of gas), as is now the theory of physiologists.

"A strong argument against the theory of osmosis, or diffusion of gases, lies in the fact of the greater resistance offered by living membranes, and by the pressure of the blood exerted against that of the atmosphere. The proof of the greater pressure is shown by the hemorrhage which results if the smaller opening is made in the air-sac of the lung. Notice how carefully nature guards against the possibility of hemorrhage in tubercular lungs by infiltrating large areas about the point of infection.

"It must be borne in mind that, while energy in the organism works upon the same plan as electrical energy everywhere, yet here we have a higher order, and a more complex arrangement of action. In the living organism we have something better than a machine, something that is self-adjusting, self-repairing, growing, constantly changing condition; therefore, the comparisons are necessarily crude; nevertheless, they help us mentally to grasp certain principles, which will lead us to a better understanding of phenomena that has hitherto baffled analysis."

NATURE ONLY CAN ACT.

"Can universal electricity be conveyed to the blood by mechanical devices?" I asked.

"Not to my knowledge, so far; but in this age of scientific research, such an invention is liable to be made any moment. In the meantime plenty of sunshine, a couple of hours daily of proper breathing, bathing and exercise will keep one in good health, or restore to health many a sufferer.

"There are two great sources from which the human system gains its supply of electric energy; one is from the atmosphere, the other is from the reduction of food elements. The intermingling of energy from these two sources maintains organic life of the highest order."

WE ALL EAT SUNSHINE.

"Thus we can see that digestion furnishes us with electricity, which nature has stored in every organic substance for the sustenance of our lives. When we eat food we should realise that we are actually eating the very sunshine which has mingled with the elements, and which gives them the power we know as life.

"The electrical energy which we gain from foods through the route of digestion is negative, or lower in potential than that which is conducted to our lungs through the oxygen of air; the exchange electrically between these two great sources of energy keeps in action the vast forces of the human system, and it may be properly called the circulation of life.

"Every particle of food used by the human system furnishes its quota of electrical energy, while the lungs furnish the atmospheric current which causes all this system of reduction through electrolytic action.

"Here is the secret of vitality. From these two great sources we gain the force

which keeps our bodies alive; this is the mode of action of the life principle within the human organism."

WE DON'T ABSORB OXYGEN.

"But the physiologists teach that we absorb oxygen from the atmosphere; how will you show that they are wrong?" I asked.

"I know that is the commonly accepted theory, but it has never been proven, and never will be, because it is not true.

"My experiments prove that oxygen can be sealed in a pair of healthy lungs, and these can be carried about as though they were oxygen bags. Oxygen is a very important element in the scheme of life, but it only acts as a conductor of a finer force, which is universal electric energy.

"When oxygen is breathed into the lungs it carries this life principle to the blood. In the lungs oxygen of air meets carbon and hydrogen which the lungs are excreting as waste products; these elements unite with the incoming oxygen forming the chemical compounds known as carbon dioxide and watery vapour which are expelled in the act of expiration. In these chemical compounds of expired air will be found every molecule of atmospheric oxygen which has been supposed to pass into the blood by osmosis."

EFFECT OF HIS DISCOVERY.

"What effect will your discovery have on the treatment of disease?" I inquired.

"It will give a clearer insight to the cause of all disease, and consequently will lead to more rational treatment, which will cure many diseases now considered incurable. Too much stress cannot be laid upon the subject of ventilation as a cause of disease, for its abuse is the bane of civilisation. If the doctors and ministers of the world would only teach the people the value of pure electrical air, they would indeed be teaching the laws of life.

"*Even in* this advanced age we are still taught that disease is an entity—a microbe—a devil; something that must be driven out by some powerful antiseptic or killed by some poisonous serum. All this is contrary to nature. It can bring nothing but disappointment to the physician and sorrow to the suffering millions on earth. Physicians and the people must ultimately recognise the fact that the primary cause of all disease lies in a lessening of the normal supply of vital electrical energy to the human blood through unnatural modes of civilisation."

"But this advice, if taken, would be bad for your profession."

"Yes, that is true—if taken, but the world would move along just as well if many of my profession were put out of business. The world needs teachers far more than it needs doctors. Nature has produced, in food, in drink, and in atmosphere, everything that is necessary for the health of man, if he would study their proper uses. Even the beasts who do not come too close under the bane of civilisation teach man this great truth. However, it will be many years before the people will learn to think for themselves."

A Human Farm.

An interesting marriage has recently been celebrated at Perm, in North-East Russia, on the estate of M. Reshetnikoff, a wealthy landowner.

M. Reshetnikoff has for many years past made quite a hobby of the cultivation of the beauty of the race, and for years he has attracted to his estate handsome giants from all parts of the province by the offer of valuable privileges.

These young men are encouraged to marry by grants of land, payment of wedding expenses, and an annuity of £3 for every child born to them.

M. Reshetnikoff plays the part of match-maker, and the penalty of refusing to take the partner selected by him is banishment from the estate, a penalty which has also been enforced on all deformed and sickly persons.

Since his beauty farm was started, forty model marriages have taken place, and most of the hundred or more children born are very superior in beauty and strength to the average Russian peasant children. The girls are specially remarkable for their lithe, graceful, and active figures.

The recent marriage on M. Reshetnikoff's estate was the occasion of special display, owing to the fact that the bride and bridegroom, both of magnificent physique, are the first to marry of all the offspring of the various unions arranged by this eccentric benefactor of the human race. —*Tit-Bits.*

IN TRAINING FOR A CENTENARIAN.

Some Useful Tips for Life's Race.

THERE is at present an inmate in an asylum at Pulsk, in Hungary, who has just turned his 200th year, and Dr. Lasalle suggests that a scientific commission should endeavour to discover the causes of this man's wonderful longevity.

Reasoning from analogy, the eminent physician Flourens concluded that human beings should live five or six times longer than it took them to attain the full adult state; that is to say, from 20 to 25 years.

SHOULD LIVE TO 140.

"It takes a cat eighteen months to grow up, and the creature, if left to die a natural death, does so at an age varying from ten to twelve years. The dog takes two years, and lives to twelve or fourteen; the horse five, and goes on to twenty-five or thirty. A well-constituted human being ought to live from a hundred and twenty to a hundred and forty.

"Life, argued Flourens, is abnormally abridged by the racking conditions of labour generally, by over-population, and artificial contrivances for the benefit of some caste or class. So far from helping normal conditions, laws and social conventions flout and run against them. Nerves are thus laid bare and overstrained. The rich or fairly rich dig their graves with their teeth, or eat and drink themselves into gout and its offbranching maladies by choosing their food badly."

Though we may not all attain to the age of the wonderful old man of Pulsk, we certainly could train ourselves to last longer in life's race by a little more care in the matter of our general health.

PRESIDENT LINCOLN'S PRESCRIPTION.

There is a story which says that an old farmer friend of President Lincoln, who used to correspond with him, complained on one occasion of his poor health. He received the following reply, which is quoted in Illinois as "Lincoln's prescription": "Do not worry. Eat three square meals a day. Say your prayers. Think of your wife. Be courteous to your creditors. Keep your digestion good. Steer clear of biliousness. Exercise. Go slow and go easy. Maybe there are other things that your especial case requires to make you happy; but, my dear friend, these, I reckon, will give you a good lift."

This advice is doubtless applicable in its entirety to many people in every country to-day. There are parts of it which apply to us generally. "Do not worry. Keep your digestion good. Go slow and go easy." Worry and dyspepsia have assumed the proportions of national evils, and they are both more or less the results of undue haste. There is no surer way to promote dyspepsia than to be in a constant state of hurry, and nothing will so surely give one the "blues" or incline one to worrying and fretting than dyspepsia. Eating hastily—"bolting" one's food, as it is popularly expressed—is enough to ruin the digestive organs of an ostrich. A man would better eat half as much as usual at the midday meal—which is usually the most hurried—and take time to masticate properly what he does put into his stomach. Better still would it be if he would give himself ample time to relax and eat a light lunch without allowing any thought of business to intrude on this necessary period of relaxation.

ODDS TEN TO ONE.

"Good nature," Henry Ward Beecher once said, "is often a mere matter of health. With good digestion men are apt to be good natured; with bad digestion, morose." Happiness, usefulness, success—everything that a man represents to himself and to society depends largely on his health, and this in turn is dependent to a large extent on what, and how, and how much he eats. There can be no hard and fast rules laid down in regard to food. The old saying, "One man's meat is another man's poison," is

true in many respects. Each one must be a law unto himself. Study your system; find out what agrees best with you, and diet yourself accordingly. Take time to chew thoroughly whatever you do eat; don't over-eat at meals or "nibble" between meals, and your chances of being healthy, happy, and useful will be ten to one. Age, occupation, constitution, and climatic conditions must be considered in arranging one's diet. "Blood and muscle, bone and tendon, brain and nerve, and all the other organs and tissues of the body are built of the nutritive ingredients of food." Next to a plentiful supply of fresh air and correct breathing, the health and life of the body are dependent on a proper supply of well-cooked food.

"A great many of the ailments that humanity suffers from," says a physician, "proceed directly from the stomach, while as many more proceed indirectly therefrom. Apoplexy, heart failure, and, in many cases, sudden deaths can be traced directly to the stomach, over-taxed and weak, yet pushed on to the task for which it is unequal. The result is inevitable. . . I have cured many cases of dyspepsia by advising fasting for a while and then gradually regulating the diet. This, with fresh air and exercise, deep breathing, which is especially helpful in this disease, and hot water, taken internally, baths, and massage will surely bring about improved conditions even in cases of long standing."

Next to air and food in the human economy, comes exercise. We may have plenty of fresh air, and a proper allowance of the right kind of food, and yet, without helpful daily exercise, these will not avail to keep the body in good condition. In answer to the question, "Why do we grow old?" a French writer gives these three reasons: "We do not get enough physical exercise in the open air, we are poisoned by microbes which the phagocytes have not succeeded in destroying, and we are depressed by fear of death. Of the three reasons it will be noted that he gives the place of first importance to lack of exercise. There is nothing else which can take the place of physical activity as a preserver of youth and energy. "Grow younger as you grow older by cultivating a moderate love of good, healthful, honest sport," is sound advice. Walking, running, jumping, rowing, playing golf, tennis, or croquet, or any other mild form of exercise in the open air, keeps the muscles supple and prevents the joints from stiffening, fills the lungs with life-giving oxygen, and keeps the blood from becoming sluggish or the livid torpid. In short, it is exercise that keeps the body in tune and "up to concert pitch," just as exercise keeps the voice or a musical instrument in perfect tone.

How to Take a Bath without a Bath.

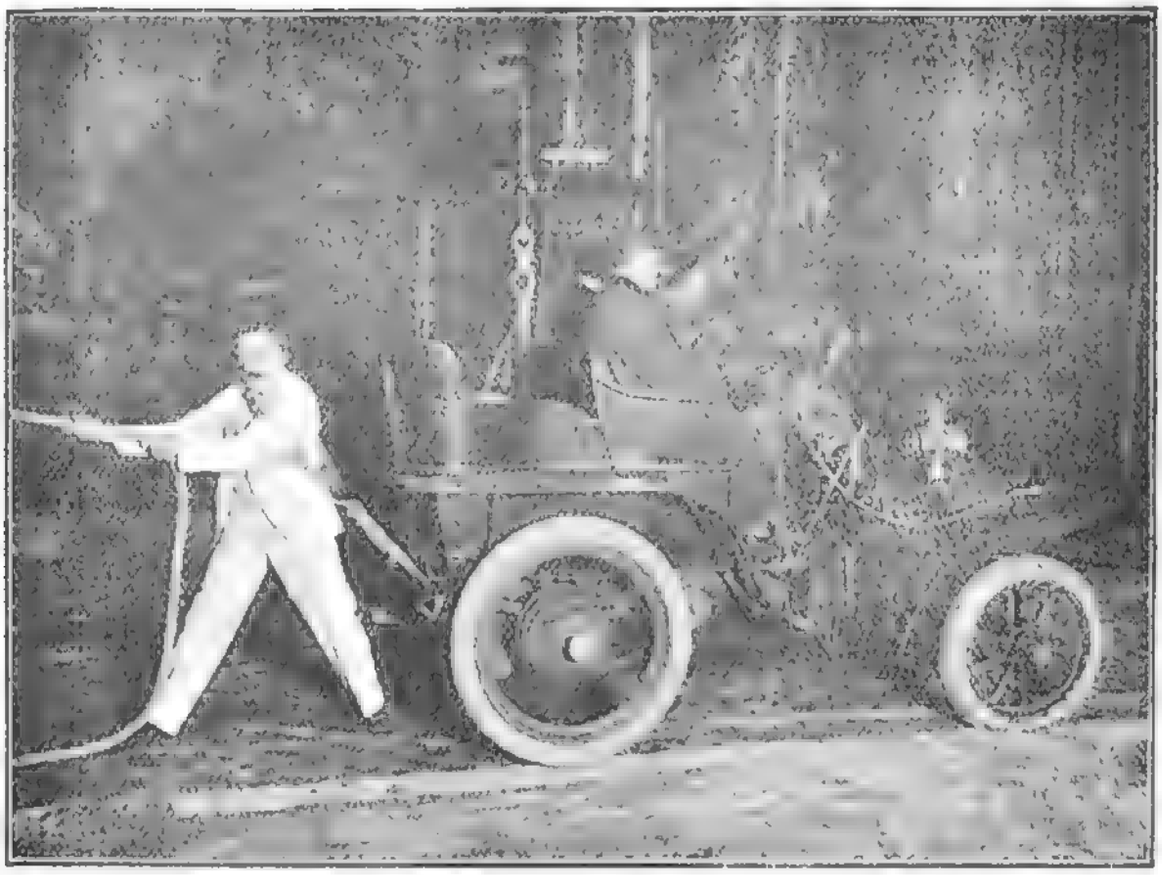
Many readers write saying they cannot take a bath as they have no bathroom, nor even a portable bath.

To get over this difficulty, use two towels: One dip into cold or hot (as cold or hot bath desired) and rub the body all over, frequently dipping No. 1 towel into

the water, of course, squeezing out superfluous water. Also, of course, place waterproof or two or three sheets of brown or newspaper beneath feet.

Dry with rough towel, working it vigorously.

The illustration shows method of getting at one's back.



Pulling backwards a running 30-h.p. Motor Car.

A STRONG MAN WITHOUT MUSCLE.

HERR LETTL IS A PHYSICAL PUZZLE.

"HERR GEORG LETTL, the muscular marvel," is a novelty—a *rara avis*—a new "discovery." The man in the street called him "a strong man without muscles," and word passed quickly to the ears of the Editor.

"Go and interview this strong man without muscle," he said; "see his performance, and bring me something of interest for our readers."

After some searching, I was introduced to Mr. Carl Schubert, his manager, and from then on my path was easy.

"You want to interview Herr Lettl?" said Mr. Schubert. "Certainly; but I shall have to act as interpreter for you, as he does not understand a word of English." He led me through a maze of passages, and eventually stopped at a stone-coloured door. As I stepped inside, there sat at the dressing-table a man attired in boating flannels—a man about middle height and fairly broad. His back was towards us, and he was busily engaged in writing letters, but when the door was shut he turned round to look.

"That is Herr Lettl," said Mr. Schubert—"let me introduce you." We shook hands, and he spoke to me rapidly, and although I did not understand what he was saying, I gathered from his gestures that he was bidding me welcome, and inquiring after my health. Then he brought me a chair, and again by gesture bid me be seated, and with a broad expansive smile intimated, through

Mr. Schubert, that he was ready to answer any questions that I might put to him.

First, I took good stock of him, for I believe one can always learn 50 per cent. of what is to be learned of any man by studying his face. When one has been interviewing for any length of time it is possible to look a man straight in the eyes for an appreciable period without speaking, the while summing him up and judging him in accordance with his reputation. Most men who are interviewed find this an exceedingly embarrassing process, but not so Georg Lettl. The more I looked the more he smiled, and gradually the smile lengthened until his amusement found vent in a hearty laugh.

"He wants to know what you are looking at," said Mr. Schubert, smiling.

"Ask him to strip," said I. "I should like to see his development."

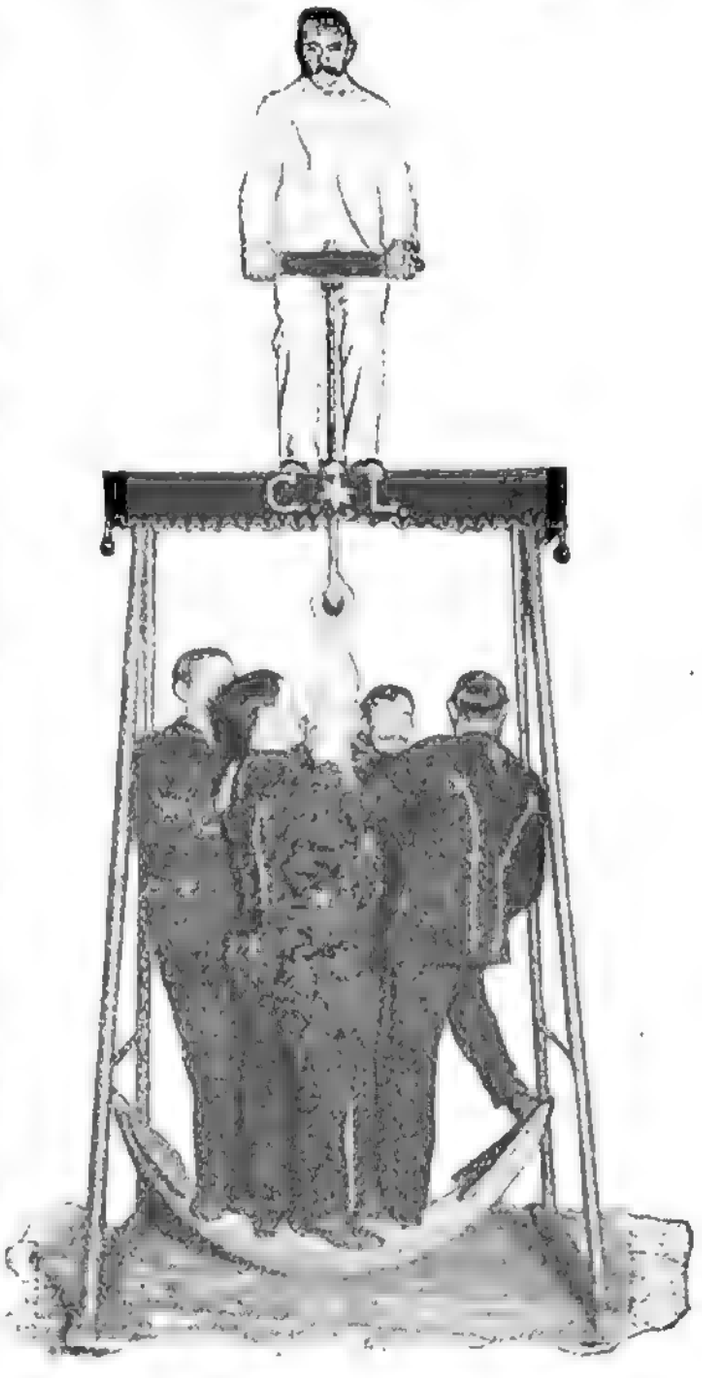
A few words passed between them, and Georg Lettl hurriedly stripped as requested, so that I might examine him.

Now, as I had judged when I first entered his room, he is fairly broad, but nothing out of the common. I noticed that his skin was in beautiful condition, of good colour and soft. No set of muscles in his whole body show any development to speak of, and the extraordinary thing was that no matter how hard he tensed legs or arms, his muscles still remained fairly soft. Before visiting him I had placed in my pocket a powerful pair of hand-grippers, each one offering about 90-lbs. resistance when gripped hard enough to make the handle ends touch. To thoroughly satisfy myself I made him hold one in each hand, so that they were vertical, handles down. Then I made him grip them so that the handles touched, inserting between each handle end a silver coin, which, of course, would drop if the grip were relaxed. By this means I was sure he was contracting hard, but when doing so all the muscles of his forearm still remained soft.

That is the peculiarity of the man; no matter what physical effort he makes, the muscles that *must* do the work do not, as far as can be ascertained, contract to the extent that they harden appreciably.

Speaking through Mr. Schubert I said, "Tell me how it is, Mr. Lettl, that although you have no muscle to speak of, you are capable of performing some creditable feats of strength?"

Through Mr. Schubert he answered, "I do not know. I was always like it from a boy. When I make up my mind to do anything I always succeed. It



Herr Lettl lifting huge anchor and four men (1,400 *lbs.*)

seems as if the moment I determine to raise any weight it has to come the moment I lift."

Put the answer in another form, and it means that once he concentrates his whole attention on any given lift, it is as good as accomplished.

Some of the stories of his early life in Pfarrkirchen, Bavaria, are interesting. The local strong man was a blacksmith, whose greatest feat was lifting a large anvil off its bed for three or four inches. For a bet Georg Lettl not only lifted it, but got it on his shoulder, carried it thirty paces to a river, and threw it in.

Another incident is also interesting. Georg Lettl and his brother once undertook for a bet to raze to the ground a seven-roomed two-storied house in one afternoon. The house was an ordinary one of brick and stone, and the bet excited great local interest. The two brothers started at twelve noon, and at half-past four the house had disappeared—woodwork, stone, brick, plaster work and all.

"How did you do that?" I asked.

"I do not know myself—we only had pickaxes, crowbars, and big hammers to work with—*and* our hands. (His hands are very large, by-the-bye.) The moment we started we knew it must be done, and we did it with the whole town looking on."

On another occasion, when holding his own horse outside the mill where he worked, another horse, a runaway, came tearing down the roadway. Georg Lettl caught it by the nose as it rushed past, and by a jerk twisted its head and threw it off its feet.

"Tell me some of your feats in lifting, Mr. Lettl."

"I have lifted 2,500 lbs. four inches off the ground in harness eight times in one minute thirty seconds. I have sustained 4,000 lbs. on my shoulders when using both arms and legs for support in a fairly upright position. I kept this up for thirty seconds for a bet—not a lift, you know, but sustained the weight. For another bet I once lifted a weight of 3,000 lbs. off the ground four inches. A short time after that I lifted in harness 2,000 lbs., and held it for two minutes. By doing that I won 1,000 marks (£50.)"

"What is your biggest lift, using the machine with which you lift the anchor at each performance?"

"The biggest I have ever done on the machine is 1,800 lbs. And you can tell your readers this in connection with the machine-lift: I am ready for a suitable bet to lift 2,000 English pounds at half-an-hour's notice."

"Do you restrict yourself in any way as regards food or drink, and do you train regularly?"

"No," he said, "I eat just whatever I fancy. I am a non-smoker and a teetotaler—I hate both tobacco and alcohol. As to training, I have never trained in my life, and never intend to. One thing only I am particular or fussy about. I love sunshine above everything, and never lose an opportunity of keeping in it."

A head came round the door and then disappeared. "That's our call," explained Mr. Schubert; "we'll see you later."

I subsequently watched Georg Lettl's performance at a well-known music-hall, as an ordinary spectator. Three motor cars were buzzing in the arena as if their hearts were going to break. Then their chauffeurs stopped the pulsating engines, and a moment later Georg Lettl was bowing to the audience.

His first feat was to lift, with the machine shown in the photo., a large anchor weighing 800 lbs.; this he did with ease. He repeated the lift with four men standing on the flukes of the anchor —a total weight of about 1,400 lbs. To one used to seeing "strong man" performances the show thus far differed only from the usual strong man show in that Herr Lettl wore a flannel lounge suit instead of tights and leotard.

His next feat was pulling against the largest of the three cars as shown in the photo. herewith. When the car started he held it with difficulty, but once having got the weight of it, so to speak, he kept it with ease. As the wheels were whirring round at top pace he pulled it back hand-over-hand with what seemed comparative ease. From the spectacular point of view it was very neat and effective.

His next feat was still more showy. The engines of the two smaller cars were set going, and their drivers manœuvred them so that they were right across the stage front with the back of the tonneaus about three feet apart.

Then Herr Lettl took his position between them and caught hold of each one in either hand. At a signal the clutches were slipped in, and it seemed as if there was every possibility of the performer being pulled in two. Instead of that, however, he smiled sweetly while the two engines went at top speed, and held them stationary for the space of a minute.

Now the show can hardly be called a "strong man" show in the ordinary sense of the term, but the feats accomplished nevertheless prove that he possesses physical capabilities of a high order. How he would compare with a good weight-lifter in what are known in the ordinary way as "feats of strength" I am not prepared to say. He himself does not lay claim to be a "strong man," but prefers the more modest title of "physical puzzle."

When one considers the fact that he has no development to speak of, and cannot get more than a suspicion of hardness in his muscles even when contracted to the utmost possible extent, one is inclined to agree that his own description of himself is at least appreciated.

When I saw him in his dressing-room after the performance and asked him for a message for readers of SANDOW'S MAGAZINE—some advice that might be useful in helping to live the ideal physical life—he said, "Live always in the sunshine if you can."

Then Herr Georg Lettl and I said farewell, and while going home from the big hall I could not help thinking that his advice to live always in the sunshine was good.

Pineapples are so plentiful in Natal at certain seasons that they are not worth carting to market, and so are often given to pigs.

Liquids can be rapidly cooled when ice is scarce by pouring them into large jugs, round which two or three layers of flannel have been wrapped. The flannel is saturated with water, and the rapid evaporation that takes place cools the liquid as effectively as a refrigerator.

Eat Bread and Live Long.

I do not recollect, says Mrs. Crawford, writing in *Truth*, at what age exactly the late Sir Isaac Holden died, but I have the impression that he was well on the wrong side of ninety. But I remember him saying of the second Mrs. Holden, who lived to the age of eighty-three, "I often warned her that she would die prematurely in not following strictly my advice in regard to diet."

He held bread to be the staff of life for the young, but injurious to the elderly, who ought to replace it with biscuit made with the flour of the banana, vegetables, and fruit.

I daresay his unremitting attention to Parliamentary business shortened his life. He was the last member to leave the House at night sittings.

While a believer in sobriety in eating and drinking, I could point out robust eaters who lived to great ages. Thiers' diet was abundant, succulent, substantial, more plain than *recherche*, and of less excellent quality than that of the illustrious poet, Victor Hugo.

Both he and Thiers drank fine, but not superfine, Bordeaux in moderation.

Snails Beat Oysters.

A dish of snails, the *Lancet* observes, is hardly ever seen in this country, although in Spain and in France this mollusc is a fairly common article of food amongst the poor, while it is held in great esteem by the gourmet when it is stewed and garnished with herbs and condiments. The suggestion that the snail should form a cheap article of food in this country has been revived, and there is nothing to be said against the proposal from a dietetic point of view, for, properly cooked, the snail is both nutritious and tasty. It has indeed been called "the poor man's oyster," though we do not remember to have seen it eaten raw. We know, however, that it makes an excellent fish sauce, and may be used for the same purpose as oyster sauce. Possibly also a few snails in a steak-and-kidney pudding would increase the tastiness of this popular food. According to analyses very nearly 90 per cent. of the solid matter of the snail is proteid matter available directly for repairing the tissues of the body. Besides this, there is about six per cent. of fat and four per cent. of mineral matter, including phosphates. Compared with the oyster, this would show that the snail contains about 100 per cent. more nutritious substances. The suggestion, therefore, that the snail should be used for food is not merely sentimental.

One of the chief causes of nervous fatigue is said by an optician to be due to the fact that, in city life, men's eyes are always fixed on near objects. When at rest, the eyes move apart until they are parallel, as if they were looking at the horizon. All the time, therefore, that a person is looking at objects close to him the little muscles of the eye are doing tiring work. That is why the eyes feel rested by an extensive view in open country.

THE ATHLETIC JAP.

Dwarfs with the Strength of Giants.

IN their enthusiastic love for athletics and out-of-door sport, the Japanese stand foremost in the Oriental world. Their admiration for physical prowess and achievement is intense, and no Western champion or Spanish bull-baiter is ever accorded such genuine homage as falls to the lot of a successful wrestler, a finished archer, swordsman or jiu-jutsuist in the Mikado's Empire. Through many generations the people have transmitted and fostered these sentiments, and that they have exercised a potent and winning influence over the nation's destiny a glance at the records of its ancient and modern wars will show.

The history of Japanese sport dates from remote times; during the reign of Emperor Suinin, as far back as B.C. 23, a man known as Kehaya (the quick-kicker) became famous for extraordinary strength and for marvellous physical feats.

From the eighth to the seventeenth century the idea was noticeably dominant, athletics being scientifically studied and practised because of their importance in a military sense. The Japanese of the Middle Ages warred almost from the cradle to the grave, and as their battles with the Koreans and the Tartars were generally fought at close quarters, the victory frequently fell to those most skilled in wrestling and in feats of arms. To such a high plane did athletics rise that disputants for the throne at times settled their quarrels and claims by recourse to individual physical prowess.

With the inauguration of the first Shogunate in 1185, fencing as a preparatory course in swordsmanship (kenjutsu) received imperial investigation, and it became as much a part of a samurai's military knowledge as archery (kujutsu) and spearmanship (sojutsu). These samurai retainers of the great daimios were likewise skilled in that subtle physico-ethical system known as jiu-jutsu, or the art of fighting without weapons. To these doughty warriors is traceable the intense national love for the sword and pride in the native swordsmen, than whom none more expert can be found.

FIVE SYSTEMS OF FENCING.

When archery and wrestling became professions, and fakirs and mountebanks tried their hands at them, the proud samurai of the eighteenth century fostered their military instinct and training by a devotion to fencing, of which five different systems are at present taught, each system, or school, taking its name from its founder.

As additional evidence that the love for physical exercise on the part of the modern Japanese is due to inheritance rather than to climate, the winter of Northern China is many degrees colder than that of the islands of Dai Nippon, yet one might never see the inhabitants of the first-named country participate in any athletic sport. The provinces of Manchuria and Chi-Li possess a superb winter climate, quite Canadian in its clear skies and fine frosty days, yet the Chinese are sluggish polar bears compared to the nimble, fox-worshipping Japanese. Beneath the glue-coloured blubber of a well-fed Pekinese skin the almost boundless energy of a Swiss climber is stored, but it never intentionally expends itself in unrequited effort. The Trimetrical Classic the primer of the Chinese schools—teaches that play is unprofitable, therefore Wong Fat, swathed in dignity, conceit, and long finger-nails, prefers to sit tight within doors during the rare winter days, while Matsudo, the Japanese *wojin* (dwarf), delights to step the aërial wire, climb the lithe bamboo, or to fence in sweating frenzy the pride of some Shogun clan.

CHINESE NOT ATHLETES.

Though as a nation the Chinese are physically strong, in character and teaching they are so radically opposed to athletics that one might travel far and wide across their empire without witnessing a single athletic exhibition. On the other hand, fakirs and jugglers abound—men who loaf about the inns and hotels, watching for a chance, to sit on their hunkers before a crowd, and to draw mice from their ears, yellow-painted, canary-looking sparrows from their

sleeves, or to thrust wickedly sharp swords to the hilt down their throats.

In a Japanese town one cannot walk far without being confronted by athletics in one form or another. In the streets you can rarely escape the painted and gaudily-dressed tots who turn baby handsprings, execute somersaults and do other infantile stunts in a wheedling effort to secure the "hairy foreigner's" wealth. A Japanese matsuri were not the fair it purports without the bespangled tight-rope performer, the bamboo-ladder climbing youngsters, the wrestlers, tumblers, spearsmen or fencers.

So deeply rooted is the native love for the strenuous life that the national sports of other lands have been tried in Japan. The Mikado, with many of the imperial family, attends the annual spring races in Yokohama; but nothing in the line of imported sports so appeals to the Japanese as cycling and baseball. Cycling clubs are scattered all over the empire, thousands of bicycles spin across the island, and the foreigners experience difficulty in keeping even a few of the records and trophies out of native hands.

The Tokio baseball team is an efficient organisation, and it frequently drubs the teams from other ports and cities. At the Yokohama cricket grounds excellent and sharply-contested games may be witnessed occasionally between the Tokio native team and the Yokohama foreign organisation.

The abolition of the feudal system in 1871, and the consequent merging into the commonalty of the samurai classes, lessened the opportunities of winning fortune and rank by the sword. But as this is the Oriental badge of the gentleman and its traditions cherished in the Japanese mind, fencing grows more popular in an effort to keep these sentiments alive and transmit them to coming generations; for fencing in Japan, where the rapier is unknown and the thrust never employed, is a preparatory course in swordsmanship. Japanese swords are ordinarily a fraction over two feet long, and are for use with both hands. The hilts are double-handed without guards, and all the passes are cutting blows, either upward or downward. Short weapons about twelve inches long are also used, as well as very long ones, some of which reach to six feet in length.

The foils for fencing are made of round bamboo (*shinæ*), split to ensure flexibility, and then bound at both ends with sheet leather or wound with raw-hide lacing. In fencing practice the students don corselets (*o-do*) with shoulder plates of thin metal or hardened hide well padded within. A barred iron mask (*o-men*), likewise padded around the edges, a shield for the throat, and heavily padded gauntlets complete the defensive mail. The technique of the exercise varies with the teachings of the different schools, but in the main it resembles that of Europe and the West. A very elaborate etiquette characterises each of the Japanese systems, honorifics even being applied to the various articles employed. For example, the letter *o* which precedes the nomenclature, signifies honourable, as *o-men*, honourable mask.

J. ST. A. JEWELL.

The esteemed contributor of racy interviews to SANDOW'S MAGAZINE. He is the author of a book of "salt sea" stories published by *The Yachtsman* under the title of "The Loss of the Malpasia, and Other Sea Stories." He is a clever catch-as-catch-can wrestler, having beaten Percy Longhurst (the ex-amateur champion) in a splendidly-contested semi-private match that took place at the Snow Hill Police Gymnasium about two years ago. Mr. Jewell is also a clever sailor on all kinds of craft from a big 4-master to a tiny racing canoe, a quick and accurate shot, a good man on self-defence, and last, but not least, an enthusiastic devotee of Physical Culture.

MAKING PERFECT MEN & WOMEN.

Sunshine for the Young "Human Weeds."

ALL the world has heard of the miracles accomplished by Professor Luther Burbank in the floral and vegetable world. He has made the cactus grow without its prickly spines; he has grown plums without stones; he has "invented" a plant that grows tomatoes above ground and potatoes beneath; he has created an entirely new race of giant and pigmy trees and plants, and now he is turning his wonderful powers with Nature towards the human race.

What he has done for the trees and the plants, he will try to do in a broader, nobler way for the boys and girls of America's coming generation.

Mr. Burbank's reputation is already so world-wide that he has 20,000 visitors a year from all parts of the globe to his laboratory at Santa Rosa, California.

Here, in his own words, then, is Professor Burbank's theory of the evolution of humanity.

WHY WEEDS ARE WEEDS.

"I care," he said, "but little for these weeds, these flowers, and these trees only as they afford me opportunities to show what can be done by directing natural forces.

"My hope is that what I am doing to show how the natural forces may be guided in the finest specimens of each species of plants will be adopted by those in charge of the young life of the children.

"A plant is responsive to only a few influences, such as are found in the soil, sunshine and rain, but a child is infinitely responsive.

"Weeds are weeds because they are cropped, trampled upon, burned by fierce heat, tormented by innumerable pests, or perhaps permitted to suffer from cold, wet feet.

"There is not a weed in the whole realm of nature that, if given proper nourishment and sunshine, will not grow up into a beautiful and useful plant.

"The undeveloped, dwarfed, diminutive and broken specimens of the human kind are such simply because they have grown up without having the elements which environed them and the possibilities to which their natures are related brought into touch and contact with them. The diminutive specimen of the daisy that we pass unnoticed has possibilities wrapped up in it of the magnificent schaster daisy; all that is necessary to turn the little, poverty-stricken daisy into the beautiful schaster is simply to touch the potentialities within it with the elements of its environments to which it is related."

Mr. Burbank then moved across the room to a table, and, picking up a manuscript, said:

"This is the original of the only speech I ever made for children. I delivered it at the closing exercises of the San Rafael Public School."

He then read from that speech these words:

"I love the sunbeams, the blue sky, the trees, the flowers, the mountains, the green meadows, the running brooks, the ocean when its waves softly ripple along the sandy beach, or when it is pounding the rocky cliffs in its thunder and roar; the birds of the field, the rainbow, the dawn, the noonday and the sunset; but I love the children above them all.

"The vast possibilities bound up in each child are far beyond anything else which we shall ever see or know."

According to Mr. Burbank, in order that children may grow up and realise and fill out completely and beautifully the outlines of the life pattern, capsulate in each one of their young lives, it is necessary that the spiritual forces environing them must be recognised.

He said for a while he had worked with the idea that the natural forces were sufficient, but that, in pursuance of his studies and experiments, he had been led to see that, in order to get the human results out of child life, that he was getting by guiding the natural forces in the plant life, the spiritual life in which every child lives, moves and has its being must be considered and utilised.

In the case of mentally or physically deformed children, marvellous results have already been produced by patient effort and scientific experiments.

Many doctors believe that the real future of medicine lies in learning and making use of the interdependence of the brain and nerves on one hand and the muscles and organs on the other.

The strongest hint in this line is the well-attested fact that in the insane and feeble-minded there is almost invariably a weak or disordered circulation of the blood. Where the mental trouble has existed from childhood there is a striking lack of physical development.

WEAK THUMB CAUSED EPILEPSY.

That the development of so small a member as the thumb could influence the brain would seem impossible. Yet in the records of Vienna's largest hospital is the case of a man who was cured of epilepsy by amputation of his left thumb. The patient, strangely enough, suggested the remedy himself, and with great difficulty persuaded the doctors to perform the operation.

Since childhood he had been subject to terrible attacks of the disease, which were invariably preceded by a pain in his left thumb. The thumb was shrivelled and weak, and always had been since his early days, when he had acquired the thumb-sucking habit.

After amputation of the member he had just one attack, while the wound was still unhealed, but it was the last. Proper development of the thumb in youth by exercise would, it is thought, have done just as well and have saved the thumb.

Dr. Maximillian P. E. Groszmann, principal of the School for Defective Children at Washington Heights, New York, speaking of the wonderful effects on the mind produced by alleviating bodily difficulties and developing the muscles, said:

"The fitting of glasses will often prove an effective cure for bad temper. I have had many cases where a habit of lying was cured by treating the stomach for indigestion.

"Adenoid vegetations, catarrh of the throat and stomach often have a profound effect on the moral and mental growth of the child. When a child seems to be born naturally wicked and perverse there is usually a devil to be cast out," and that devil is quite often easily located and made to depart in the form of an adenoid growth in the nasal passage, a run-down anæmic constitution or a disordered stomach.

"It is a well-known fact that backwardness in children may sometimes be entirely cured by fitting glasses to myopic or hypermetropic eyes. Many suffer from cold feet and general chilliness. Measures to improve the circulation and nutrition generally will bring immediate results, I find.

"The immense value of physical improvement in muscle and bone is evident from the fact, generally recognised by psychologists, that every thought has its muscular counterpart, which is a part, and a vital part, of the thought. This can be seen when anyone is swept by a strong thought or emotion—the muscles of the body move with the currents of the brain. If the person is carefully watched at such a time it can be seen that every portion of the body is in the grip of this 'reverberation,' as Professor James, the eminent psychologist, calls it."

"The half-witted child has certain unmistakable characteristics, such as a shuffling gait, a curved spine, dangling arms, an open mouth, palid skin, toes turned in, etc. In the schools for the feeble-minded

it is the practice to remove all these peculiarities as the method of cure. Children too backward to pay attention to advice in regard to picking up their feet when they walk are made to walk back and forth on the floor over a ladder. The patient is obliged to lift its feet to step over the rounds of the ladder. This repeated patiently day by day brings a change in the gait which becomes permanent.

An exercising chair is used in connection with the ladder, as weakness of the leg muscles is part of the cause of the shuffling gait.

Weakness and malformation of the spine have a great influence for bad upon the brain. The spinal column is, however, a much harder portion of the brain to alter than the legs.

STRAIGHTEN SPINES BY HANGING.

For this a special harness is made. The patient is suspended from the floor by his or her neck. Part of the weight is eased by a strap from the waist, but there is enough of a pull on the neck to stretch and straighten out the spine.

Along with the physical development the mind itself must be exercised. The instructors of feeble-minded children find it impossible to make their charges pay attention to abstract things. A page of print will at best hold the child's attention but a few seconds at a time. The child will become unhappy and even sick if its teacher attempts to force it.

Instruction can be given, however, by means of bright colours and striking objects. A very backward patient can be taught the alphabet and learn to read and write from large blocks with raised letters on the sides, painted in bright colours.

A boy, for instance, was taught all about the peacock, after exciting and holding his interest by means of a feather from the bird. This child had failed to gain any information whatever from repeated attempts with a book and unillustrated explanation.

Though most infants learn the difference between bitter and sweet and sour as soon or sooner than they learn to talk, a half-witted child requires often a long series of experiments before he can be sure which is which.

The act of giving alternately tastes of sweet and bitter substances to a blindfolded youth has been tried. This poor fellow had apparently learned the difference very quickly at a previous lesson which the doctor had given him without a blind. But on changing the colours of the two substances he was using the doctor found his patient all mixed up. He had been ignoring his poorly developed sense of smell and had made his answers wholly from the difference in colour.

Of most vital importance of all is the amount and quality of the circulation of the blood in the brain. The nourishment, growth and development are entirely dependent on this. There can be no thinking in the brain, psychologists have found, except when there is circulation of the blood. When normal people go to bed at night the blood pressure in the brain gradually slackens, their thoughts grow vague and confused, and finally unconsciousness comes in the form of sleep as the blood pressure becomes too low to allow of thought. Occasionally some condition of the body, such as a noise striking the ears or a little indigestion in the stomach, has a reflex action on the brain and sends a little local current of blood through some small area. The result of this is a dream. If the stimulus from the body is strong and lasting enough to cause a sufficient quantity of blood to go to the brain, the person wakes up.

A poor sleeper is unable to shut off enough of his blood to keep his brain quiet all night. A person with a sleepy disposition goes through the day without enough blood in his brain.

Half-witted children suffer from lack of blood in their skulls.

PUMPING BLOOD TO THE BRAIN.

Dr. Walker's method, in such cases, is a device by which blood is forced to run up through the head and brain by a series of movements of the patient's arms and legs. These movements send the blood in great waves to the ill-nourished head of

the nervous system and are said to bring marked results.

The exercises not only temporarily feed and stimulate the brain, but open the way and make it easier for the blood to get up there naturally—sort of opening up the road.

Walking a straight line is a difficult task for many atypical children, and practice in doing it is a very potent way of developing a certain portion of the brain. The sense of balance is governed partly by the feelings of the muscles, partly by the sense of sight and in part by an organ in the ear. The brain area represented by these three is much strengthened by the practice of walking along a straight line.

Simple games in which there is as much interest as possible and little need of complex co-ordinated action of mind, eye and muscles are a large part of the day's schedule in the most approved schools for backward children.

In the same way bed-making, gardening, mowing, etc., are preferable to sewing or drawing.

As the throat is so near to the brain and all blood must pass by it to reach the brain, anything that affects the throat is certain to be represented in the condition of the brain.

If cartarrh or adenoids are present they switch off a large share of the blood which should nourish the brain.

Sleeping with the mouth open, as is well known, tends to aggravate all throat troubles, and keep a general lack of tone in the breathing passages.

Besides these things, snoring is caused by the open mouth, and even in children a gasping, choking sound can be heard which is the precursor of the snore which they will have in mature years.

The noise of snoring is a constant irritant to the nerves of the snorer, doctors say, though he only partly guesses the fact when he "snores himself awake." The nerves of the ear are kept just a little on the alert, and there is always lack of complete rest for the centre of hearing in the brain.

The bones of the skull also vibrate and keep waking up various localities of the cortex of the brain.

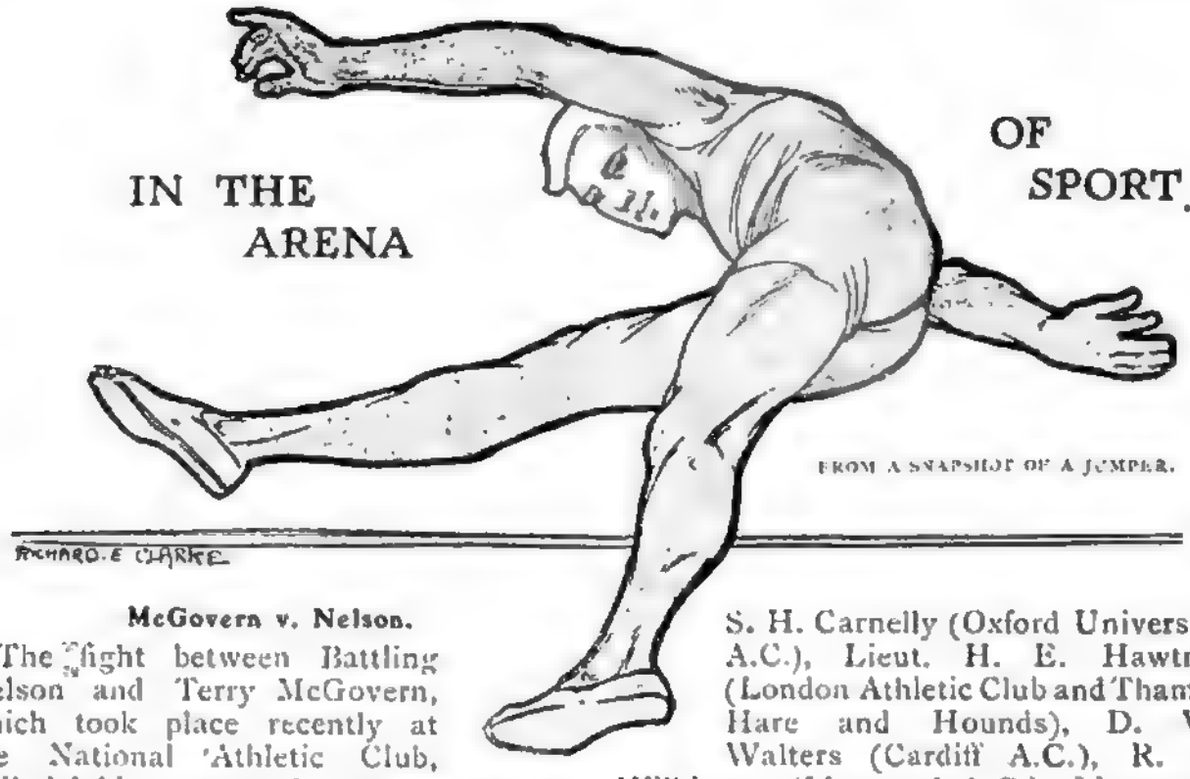
Appendicitis and Meat Diet.

AT a late meeting of the Academy of Medicine of Paris, a careful study was presented, dealing with the causation of appendicitis. The essayist, Dr. Lucas-Championiere, admitted the increasing frequency of the disease, and gave full due to the theory of intestinal infection. Inquiring what gives rise to the greater frequency of such intestinal infection than took place formerly, he concludes that it is the grippe, and that appendicitis is, indeed, a new disease, having its origin in the grippe, which became epidemic about fifteen years ago. A cause contributory to, and of as much importance as the grippe, he asserts to be the eating of meat. He finds that appendicitis is confined chiefly to countries where meat forms a large part of the people's food, and that it is invariably most severe in those who eat meat in excess, while vegetarians are almost free from it. Interesting statistics, covering many countries and years, are offered as proof. In every section of France the frequency of appendicitis increases in direct ratio to the increased consumption of meat.

In convents, schools, prisons, asylums, where the diet is almost, or even entirely vegetarian, cases of appendicitis are very rare. In one prison with 1,000 prisoners only one case in four years, in another with 2,000 inmates two mild cases during 1903, one of them of long standing; in an asylum with 1,500 inmates not one case in three years. In Roumania one case of appendicitis among 22,000 sick persons, of a vegetarian population; one case among 221 sick persons—meat eaters. In Porto Rico the disease has not appeared among the natives, who are vegetarians, but is not uncommon among the Americans. On the basis of these observations, it is easy to understand why appendicitis occurs more frequently in the countries where animal food is an exceedingly large part of the people's diet.

Two kinds of living creatures only—men and dogs—can stand an instantaneous change from Arctic cold to tropical heat without suffering deterioration or losing their health.

IN THE ARENA OF SPORT.



McGovern v. Nelson.

The fight between Battling Nelson and Terry McGovern, which took place recently at the National Athletic Club, Philadelphia, attracted 5,000 spectators, many of whom had paid extravagant prices for admission. The first three rounds were a disappointment. Scarcely half a dozen solid blows were struck, the men wrestling from one end of the ring to the other. The referee was powerless to separate them. He had agreed not to lay hands on the combatants, but simply to warn them when they clinched. At the close of the fifth round McGovern retired to his corner in evident distress, and in the final round he repeatedly clinched to escape punishment. The consensus of opinion was that Nelson deserved a decision in his favour, but as no decisions are rendered when both men are on their feet, the fight was classed as a draw.

British Entries for the Olympian Games.

At a meeting of the British Executive Committee, held in London recently, it was announced that the following entries had been received for the Olympian games, to take place in Athens next month, viz. :—

K. Cornwallis (Oxford University), A. R. Churchill (Cambridge University), F. M. Edwards (Cambridge University), R. P. Crabbe (Cambridge University), S. Abrahams (Cambridge University), H. G. Weber (Cambridge University), J. W. Horne (late Cambridge University), S. H. Carnelly (Oxford University A.C.), Lieut. H. E. Hawtrey (London Athletic Club and Thames Hare and Hounds), D. W. Walters (Cardiff A.C.), R. E. Wilkinson (Liverpool A.C.), Lieutenant Wyndham Halswell (Edinburgh H.), J. McGough (Bellahouston Harriers), and A. E. D. Anderson (Bellahouston Harriers).

Halswell is the British Army half-mile champion and quarter-mile champion of England and Scotland. Anderson is the half-mile champion of Scotland, and McGough is the Scottish mile champion.

Mr. G. S. Robertson (Oxford University A.C. and L.A.C.), and Mr. J. E. Fowler-Dixon (Amateur Athletic Association and L.A.C.) have been elected judges of the athletic events from the British section.

It is expected that several more entries will be received on or before the 22nd inst., when the list will finally close.

A team of British swimmers will most likely be sent by the Royal Life-Saving Society. They will probably be in charge of the Society's honorary secretary, Mr. W. Henry.

The Fencing Competitions.

The Amateur Fencing Association's team will consist of Lord Desborough, Lord Howard de Walden, Sir Cosmo Duff-Gordon, Mr. Edgar Seligman, Mr. C. Newton Robinson, and Mr. Theodore A. Cook.

ON AND OFF THE MAT.

Professor Wm. H. Garrud, the well-known Real Self-Defence Expert, intends touring the Provinces during the coming summer months, for the purpose of seeing what progress his correspondence pupils have made. His tour last summer was very successful. He found, in every instance, that his pupils had no difficulty in mastering his instructions. Prof. Garrud would like to hear from any of our readers who would like to see him in their district this summer, also as to whether they have a suitable room he could hire as a centre for tuition. His address is—The Anglo-Japanese School (Dept. S), 7, Featherstone Buildings, Holborn, W.C.

W. Davies, pupil of "Ajax," Merthyr, is open to meet any lad 19 years old, 9 stone 6 lbs., at weight-lifting, the best of four lifts. Replies may be sent to "Ajax" School, Merthyr.

One of the smartest shows at present on the halls is that given by Atlas Vulcana and Atlas. I saw this a few days since at the Empress Theatre, Brixton. The applause which followed the various items show that a weight-lifting display, if artistically rendered, is certainly still popular with the public.

There is nothing sensational in the shape of record-breaking, but every lift is neatly done. The idea of a dead black stage-setting, with white weights, is very effective.

It is my duty, when necessary, to criticise. The only thing in this particular show that requires improvement is the lighting arrangement for Miss Vulcana's poses. The evening I saw this it was anything but perfect, and to a certain extent spoilt the muscular poses performed by this beautifully-developed lady. Half the frame was, more often than not, enshrouded in darkness, as seen from the seat I occupied. Now, Mr. Atlas, as the good showman that you undoubtedly are, will you see to this drawback to an otherwise capital show?

The poses themselves are very fine indeed, and all followers of Physical Culture should certainly see the performance when it is in their neighbourhood.

A new swimming world's record was put up on Wednesday evening, February 21st, in the amateur swimming races at the New York Athletic Club, C. M. Daniels covering 60 yards in 31 1-5 sec. He also achieved intermediate records for 25 yards in 12 sec. and 40 yards in 19 3-5 sec.

HEINRICH EBERLE

(Champion Graeco-Roman Wrestler of Germany).

—o—

Eberle was born in Germany, 18th April, 1873, and is now 33 years of age.

He started wrestling when 14½ years of age, and became a professional when he was 17. Eberle is a good weight lifter and runner. His height is 6 ft.; neck, 18 in.; chest, 49 in. contracted, and 53 expanded. His upper arm (contracted) measures 19 in.; forearm, 14½ in.; wrist, 8 in.; and calf, 17½ in.

Eberle, who is expected to come to England for the purpose of challenging Hackenschmidt, recently won first prize in an international wrestling tournament at St. Petersburg.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—**One may Help Many.**

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Owing to the remarkable increase in the number of letters reaching me in connection with the Club, amounting to some hundreds daily, I must ask those readers who do not see their letters in type to bear with me under the circumstances. It is impossible to publish all the letters I receive, and only those containing some item that will be of general interest can appear. Even these I shall be reluctantly compelled to rigorously "prune." At the same time, I am always glad to hear from my readers, whether their letter finds its way into print or no.—THE EDITOR.

Physical Culture and Piano Playing.

Stoke Newington.

SIR,—I have been practising physique-culture on your system for nearly two years, and seeing your S.M.R.C. pages, thought that some account of my experience might be helpful to other readers. I had always been very weak, as I had outgrown my strength, and in the spring of 1902 I had a very bad turn of bronchitis, etc. Though so weak I had always taken an interest in your system, but had never practised it regularly. However, in April, 1904, I read your book, "Strength, and how to obtain it," and started the exercises with 1 lb. wooden dumb-bells. In July I was given a pair of 3 lb. grips, and used them for about a year. Last summer I got a developer, and now use that alternately with the grips. I have never had any instruction, working solely from books and charts. Your system has increased the size of my muscles very satisfactorily, but it is not only the increase in the size of the muscles which I am so pleased with, it is the improvement in health. I was always very liable to catching colds, which always went to my chest, and practically laid me up. Now, though, of course, I catch colds occasionally, they never upset my general health to any extent. I play the piano, and find the use of the grips has greatly improved the firmness of touch; it has also given a feeling of confidence in the fingers, and done away with any nervous hesitation. I append my measurements, etc., and though the increase in and present size of muscles may not be great, it must be remembered that I am still growing very rapidly.

MEASUREMENTS.	APRIL 6, 1904.	FEB. 20, 1906.
Age	18 years 7 months.	
Weight	11 st. 2 lbs.	13 st. 5 lbs.
Height	6 ft. 1½ inches	6 ft. 4 inches
Neck	13⅜ "	16 "
Chest (con.)	32½ "	38¼ "
Chest (exp.)	36 "	41 "
Waist	28 "	29½ "
Hips	35½ "	39 "
Thigh	21 "	22¾ "
Knee	15 "	16 "
Calf	13 "	15½ "
Ankle	9½ "	10½ "
Biceps	10⅜ "	13 "
Triceps	10½ "	11¾ "
Forearm	10½ "	13½ "
Wrist	7½ "	8¼ "

S. J. CHAPMAN.

"Health, Strength, Endurance, and Appetite."

Cromer.

SIR,—Unlike the big majority of your magazine contributors, I was a fairly "old bird" when I became one of your disciples. I did not know of any such physical culture system as yours until I was nearly 36 years of age. One evening I by chance saw Corporal Crisp (of the company of volunteers of which I was the instructor) stripped, and I asked him how he piled his muscle on, and he informed me that it was done by the Sandow system. It was not long before I sent to you for your grip dumb-bells and postal instruction course, and I continued under your monthly postal system until you advertised that your pressure of work which inundated you day by day compelled you to give it up. I also put in a week at your Ebury-street school, and was much delighted with your instructors and their instruction.

I at last became quite an adept as an anatomist and physical culturist. I have trained under your system with happy results to myself and pupils (and congratulations from masters mistresses, and parents), some three hundred young ladies and gentlemen. I have excellent health and strength as well as endurance powers,

and can walk 18 miles in 3½ hours, and smoke a cigar and drink a whisky and soda *en route*, and not feel tired out. I can eat anything, and digest it. I have the honour of beating you in one of my measurements, *i.e.*, the knee. I wonder why this is the case. I consider your exercises have done me a marvellous lot of good, and I take this opportunity of thanking you and your magazine contributors. Below are my measurements when I commenced and when I reached the apex, and which I can maintain without the expense of prolonged and tiresome exercises, and without the many fads in diets, etc., that so many humbug themselves with.

I am glad to learn that your fellowship medal is about to be circulated, and I congratulate you in anticipation of early and good results therefrom. I should be very proud to add one of them to my many medals and mementoes.

MEASUREMENTS.			Age, 41 years.		
Age, 36 years.					
Weight	11 st.	7 lbs.	Weight	12 st.	6 lbs.
Height	5 ft. 9	inches	Height	5 ft. 9½	inches
Chest (con.)	34¾	"	Chest (con.)	37	"
Chest (exp.)	37	"	Chest (exp.)	40	"
Biceps (R)	12¼	"	Biceps (R)	13¾	"
Biceps (L)	12	"	Biceps (L)	13¾	"
Waist	31½	"	Waist	31½	"
Forearm (R)	10¾	"	Forearm (R)	11½	"
Forearm (L)	10¾	"	Forearm (L)	11½	"
Thigh (R)	20½	"	Thigh (R)	21½	"
Thigh (L)	20½	"	Thigh (L)	21½	"
Calf (R)	13¾	"	Calf (R)	13¾	"
Calf (L)	13¾	"	Calf (L)	13¾	"
Neck	15	"	Neck	16½	"
Knee	—	"	Knee	14½	"
Wrist	6¾	"	Wrist	6¾	"
Ankle	—	"	Ankle	8½	"

You will note that I have gained ¾ of an inch in height after 36 years of age, which many will doubt, but which I am absolutely sure of. I hope you will not show fight (I should not retaliate if you did) if I now turn on you as a critic, but it has often dawned upon me that you are decidedly wrong in not offering a prize for the older disciples of your system, say men over 40 years of age. Perhaps you think the numbers of this age are small; and you would, therefore, get few competitors. All the more reason why we few old cripples should be made a fuss of.

Hoping that I may be allowed a small space in your magazine (which I have taken for five or six years) for insertion of my letter and measurements, which I hope are fairly symmetrical, and wishing you elevation to a knighthood,

T. M. PRATT,
Late Sergt.-Instr., Norfolk Regt.

Some Japanese Wrestlers.

DIABOTSU.
(Note his thick chest.)

UYENISHI.

After Twelve Months.

Barnsley.

SIR,—The last time I had the pleasure of writing to you I had just started practising physical culture. That is just one year since. I started exercising at 6 o'clock in the morning for half an hour, using Sandow's Spring Grip Dumb-bells (five springs). After exercising I always had a sponge bath. As I was sleeping in the same room with two other young men (non-physical culturists), you will see that I had to overcome several difficulties. For the year's working I am well satisfied, as a glance at the measurements will show. I also attend nearly every night at the gym., attached to the Y.M.C.A. rooms, where we have parallel bars, etc. I also go in for wrestling, boxing, fencing, swimming, weight-lifting, etc. I can put a 56 lb. square weight above my head, with right

hand fifteen times, also eight times with left hand. I can also put barbell weighing 110 lb. above my head with right hand, and 90 lb. with left hand. I should like your opinion of the measurements, as given, as I hardly think they are quite as large as they ought to be. Wishing your magazine every success,

I am, etc.,

C. H. Hollis.

MEASUREMENTS.

February 26, 1905.			February 26, 1906.		
Age, 17 years 10 months.			Age, 18 years 10 months.		
Weight	10 st.		Weight	11 st.	
Height ... 5 ft.	9	inches	Height ... 5 ft.	9½	inches
Chest (nor.) ...	34½	"	Chest (nor.) ...	35½	"
Chest (exp.) ...	34½	"	Chest (exp.) ...	39	"
Waist	27½	"	Waist	28½	"
Upper arm (R)	13	"	Upper arm (R)	13	"
Forearm	11	"	Forearm	11½	"
Upper arm (L)	11½	"	Upper arm (L)	12	"
Forearm	10½	"	Forearm	11½	"
Hips	34	"	Hips	35½	"
Thigh (R) .	19½	"	Thigh (R) .	20	"
Calf (R) .	13½	"	Calf (R) .	14	"
Thigh (L) .	19½	"	Thigh (L) .	20	"
Calf (L) .	13½	"	Calf (L) .	14	"
Ankle	8	"	Ankle	8	"
Neck	15	"	Neck	16	"
Wrist	7	"	Wrist	7	"

Heart Weakness Overcome.

Johannesburg, Transvaal, S.A.

Sir,—I have been a reader of your valuable magazine for the past few years. I have benefitted a great deal by following your system. I may state that I was troubled with my heart for quite a long time. Doctors gave me all kinds of medicine, and plasters to put on my chest, but all without success. Since seeing you here in the Empire Theatre, I made up my mind to follow your system, and have found that I have gained magnificently, not only in strength but also in health, and thanks to your system, my heart is as strong as ever.

I remain, yours sincerely,

G. W. Stegman.

MEASUREMENTS.

Before Training.			*After Training.*		
Age, [illegible] years.			Age, [illegible] years.		
Height ... [illegible] ft.	[illegible]½	inches	Height ... [illegible] ft.	[illegible]	inches
Neck	15	"	Neck	[illegible]	"
Chest (nor.)	[illegible]	"	Chest (nor.)	[illegible]	"
Chest (exp.)	[illegible]	"	Chest (exp.)	[illegible]	"
Waist	[illegible]	"	Waist	[illegible]	"
Bicep (R)	9½	"	Bicep (R) .	[illegible]	"
Bicep (L) .	9	"	Bicep (L) .	[illegible]	"
Hips	[illegible]	"	Hips	[illegible]	"
Wrist (R) .	[illegible]	"	Wrist (R) .	[illegible]	"
Wrist (L) .	[illegible]	"	Wrist (L) .	[illegible]	"
Calf (R)	14½	"	Calf (R)	[illegible]	"
Calf (L) . .	14½	"	Calf (L)	[illegible]	"

Pounds Spent in Drugs.

Ripley, Derbyshire.

Sir,—It is with pleasure I pen you these few lines, expressive of my thanks for the way in which a course of your Physical Culture has benefited me. For the last five or six years I have suffered, more or less, with chronic constipation, and can confidently say I have spent pounds in drugs and such-like for my complaint. Quite by accident I happened to glance through your work, "Strength, and How to Obtain It," belonging to a friend of mine. I was so impressed with the forcible way in which you pointed out what Physical Culture has, and will do for one, that I decided to buy your Developer and Grip Dumb-bells. For the last six months I have exercised alternately night and morning with the Developer and the Grip Dumb-bells, with results far beyond my anticipation. Not only have I derived great benefit towards curing my complaint, but have developed my whole physique wonderfully, considering I am only a reader with six months experience.

S. Francis Dagg.

The Slimness of "Slim Johnny."

Dear Sir,—There were twelve of us, all young fellows ranging in years from eighteen to twenty-five, and every one endowed with a plentiful supply of animal spirits; but, placed as we were in an obscure country village, we did not find many opportunities for bringing them into play. It was customary, of a winter's evening, to congregate at a certain cross-roads some little distance from the village, where, under very unfavourable circumstances, we carried on what games we could, games which were sometimes very childish, and seldom very amusing.

One evening, however, a pale, thin, and sickly lad, whom, in consequence, always went by the sobriquet of "Slim Johnny," proposed, singularly enough, that we should start a gymnasium, and the proposal fell on the ears of his chums like a bolt from the blue. How such an excellent idea could have escaped us so long seemed utterably unaccountable, but, making up for lost time, we lumped our money, and having purchased what we considered the necessary equipment, we converted a disused cut-house into a gymnasium. Here we passed our winter evenings, and sometimes, indeed, a considerable portion of the night, with our 7-lb. dumb-bells and our great heavy weights, which we threw and jerked about with a sort of savage delight; but, strange to say, no one seemed one penny the better.

We were about to give up the whole affair in utter disgust, when suddenly and without apparent cause, we noticed "Slim Johnny" beginning to "swell." I do not use swell in the ordinary acceptation of the word, but his arms, hitherto slender and flabby, became hard and taut, and little unexpected muscles began to show through his clear, white skin. This was all the more remarkable for Johnny, although the originator of the idea, had rarely gone in for our vigorous exercise. At first we could not account for the remarkable change, but, one evening, finding Johnny alone, I questioned him directly. He laughed at my seriousness, and then confessed. Somewhere or other he had procured Mr. Sandow's volume on "Bodybuilding," and had purchased Sandow's 12s. 6d. Developer, and while we were wasting our energy and tissue, Johnny—"Slim Johnny"—had been working quietly, scientifically, and effectively at home. It was a remarkable example of the superiority of your scientific system over the old-time method of unguided individual effort.

Of course, we all thought his action rather mean, but, through my advice, he made up

for it by presenting his Developer for the general use of the "club." I, also, have lately purchased a Developer for the same purpose, and some time in the near future, when we have been able to buy your Grip Dumb-bells and have had a little more training, we hope to be able to put forth a man who will be worthy of one of your gold medals.

A. H. STUART.

Constipation Chased Away.

52, Dixon Street, Irlam,
Near Manchester.

SIR,—Being a regular reader of your magazine, which I take a pleasure in, I feel it my duty as a reader to tell you the good your system has done for me. I was always troubled with constipation, which caused me to always have an awful bilious headache, and my work being on the railway, it became dangerous. Some days I could scarcely see, my head being so bad. I was advised, by a very good worker of your Physical Culture, to give it a trial, and he would give me a few lessons; so I bought a pair of your Grip Dumb-bells, and set to work. I have since bought a Developer. It is now three months since, and I am pleased to say that I haven't been troubled with the headache since. I am going on splendid; I don't feel like the same man. I practise every night, and I hope, before long, to be able to send you my photo. and measurements. I have got several of my mates to come with me to the class we have, and I hope we shall keep adding more. I shall always recommend your system, for I couldn't tell you the benefit I have got by it. I should like to become a member of your Readers' Club.

"HERCULES."
Who claims to be the miniature Champion Weight-lifter and Wrestler of the World.

Yours respectfully,
JOSEPH SHANCROSS.

An English Letter by a Norwegian Enthusiast.

Norway.

SIR,—As a reader of SANDOW'S MAGAZINE, and a most admiring pupil, I would be happy to become a member of the "Readers' Club." I further take the liberty of writing these lines for the purpose of making acquaintance with you, the father of modern physical culture, and knowing that you are preaching the gospel of "health and strength" throughout all the world, and not within the limits of Britain only, I hope that you will not turn off a young Norwegian pupil. If you accidentally should regard anything of this worth to be put in the magazine, I beg you, sir, that you will have the kindness of correcting my language, as I very well know that my English is everything beyond proper.

I am at the age of 21 years, and this summer I am finishing my studies with the College for Civil Engineers. In my childhood I had all the illnesses that a child can get, and twice I got an ankle damaged; in this way I was sick almost all the winter time and in the summer occasionally. I am the youngest one, and as my brothers are unusually well developed men, I wept many a tear, thinking, "Will I ever get as strong as they are?" Yes, sir, I have got it now, or rather am getting it now. In short, I'll tell you how I have been getting on. Six years old, I began sailing and rowing in our usual Norwegian baths, and in the meantime I bathed and learnt to swim. In the wintertime, however, I did nothing to develop my body, and spent most time in bed. At the age of 8 years I began making what we in Norway call "Ski," that is the typical Norwegian snow shoes. This is a very nice sport; when correctly performed it develops most of the muscles, but as I had neither the muscles required, nor the balance, I soon lost hope, and gave it up. Then I got a pair of dumb-bells, 6 lb. each, of course, too much for me at that time. I got no instructions, but found out myself some exercises, and kept on every day about half an hour.

But, to be sure, these exercises were not very systematic and regular. From year to year, however, my exercises got more systematical. I tried to make acquaintance with athletes, and picked up some advice now and then, but most of it I must take out myself. There are no books of physical culture, dumb-bell exercises, etc., in the Norwegian language. In short, these exercises made the base for my health and strength, and at the age of twelve years I was capable of performing the different sorts of sport as well as most children. I didn't stop now, but kept on until the age of fourteen. I went to sea, as I wished to become a naval officer, and in Norway this requires at first twenty-one months at sea in the caffardi trade. Coming back after this trip throughout all the world, I turned and began studying at the Civil Engineering College.

The first time I ever heard of you, sir, was in a Norwegian newspaper. I got a living interest in the man who trusted his strength so well, and showed it in so marvellous a manner, and I tried to get every information possible of you. In short, I got both your spring grip dumb-bells for gentlemen, and the developer, and

in September, last year, I also got "Strength and how to obtain it," "Body Building," "Hints from Sandow," and last but not least the magazine, all of which I have studied carefully. Last summer I was out in camp for nearly four months as a volunteer in the army, and you know, I suppose, that we were just on the point of getting at war with Sweden, when we broke the union. After coming back on September 1st, I have been continuously training, and have benefited very much. This month I shall have the pleasure of sending you my measurements, and get some photos taken for entering the prize competition for February. I have carefully studied the measurements of previous winners, and maybe I could get a chance.

In Norway, we are sorry to say, have yet no clubs of physical culture, and I, therefore, feel it as standing quite alone. Would be happy to exchange some ideas with fellow readers under your inspection, but then I shall not drive off so far from the point as I have done this time, for I think you are getting a little tired now from this lengthy introduction.

At last I'll say that your system is the best ever produced up to date, sir, and for one who makes a study of it there can never come any better, I suppose.

Take a trip over here, Mr. Sandow, and spend your holidays in the Land of the Midnight Sun. You will get a hearty welcome, and most, at all events, of the fashioned Norwegians understand and speak some English.

Wishing you every success,

I am, sir,

Yours very faithfully,

NICOLAY K. TORGNER.

Cured of Biliousness.

Grantham.

SIR,—Having been a reader of your valuable magazine for over two years, and also an ardent follower of your system, I feel it is my duty to write and let you know how much I appreciate your "mag." and exercises.

We have just lately started a school of Physical Culture, under the control of the Y.M.C.A. in this town, and have a very fair following.

We are instructed by Mr. E. W. Johnson, one of your recent prize winners.

Two and a half years ago I was subject to biliousness and ague, the result of seven years in India, Egypt, and Malta, but now, thanks to you, I am never troubled by any illness whatsoever, and always feel fit.—Yours in health,

H. M. JONES.

Sedentary Workers. Read This.

Garston, Liverpool.

DEAR SIR,—I see that you invite your readers' experiences, so I am sending mine. I bought your book, "Strength and how to Obtain it," last March, and started to follow your instructions to the best of my ability; and am very pleased to say I have received very great benefit from the same. I have persuaded some of my friends to take in your Magazine, and have also lent them your book, and now they are as enthusiastic as myself about exercising. I may say I have also fixed up a gymnasium in a spare room, where myself and friends frequently practise and exercise. I have dumb-bells and bar-bells of various weights, developer, boxing gloves, trapeze, horizontal and parallel bars, also a punch-ball, and I can assure you we have some very enjoyable times.

I am a tailor's apprentice, so you will see my trade is not a very healthy one. My age is 18 years one month. I enclose my measurements for last June, and for the present time. I am a non-smoker and a total abstainer.

F. H. LUMB.

	JUNE, 1905.	JANUARY, 1906.
Age	17 yrs. 7 mths	18 yrs 1 mth
Weight	8 st 1 lb	8 st. 9 lbs
Height	5 ft. 3 inches	5 ft. 3 inches
Chest (con)	31 "	32 "
Chest (exp)	34 "	35 "
Waist	26 "	26 "
Upper arm	11 "	12 "
Forearm	10 "	10 "
Hips	32 "	34 "
Thigh	19 "	20 "
Calf	12 "	13 "
Neck	13 "	14 "

From Bonny Scotia.

Munlochy, Ross-shire.

SIR,—Seeing a Wigtownshire reader in your last issue of the magazine wondering why the Scotch readers were so backward in relating their experiences to the Club, I thought I might detail mine with the hope of perhaps persuading some other Scotch readers to do likewise.

I have taken your magazine since it was first published, and my first "Monthly Postal Course of Instruction" dates back to March 10th, 1899.

I have improved my physique a great deal by the use of the "Combined Developer" and "Grip Dumb-bells"; the latter indeed filling a long-felt want in aiding the pupil to concentrate his mind on the muscles he is exercising.

I have started a good few of my friends to exercise on the "Sandow System"; the majority are doing well, but a few have given it up, mostly through laziness, I think, as some of them did not continue it long enough to see the benefits they would derive by continuing at it.

When in Stirlingshire I won a few prizes at the amateur sports held throughout the county annually, and I was always pleased to think how much my strict training on the Sandow system helped me to always keep in fair form throughout the winter months, and saved me a lot of trouble in getting into the best condition before commencing my preparatory sprinting again for the ensuing season.

Being of a daring nature, I have had to pay the penalty in accidents that might have been otherwise avoided. I got my left leg broken in a football accident, my finger broken at boxing, and one of my toes smashed by a weight falling on it. My latest is a sprung sinew, caused by over-exertion climbing steep hills on a high-geared cycle. These accidents have hindered at times for a while my exercising, but I have got over them all, and appear to be as sound as ever I was. Yours sincerely,

DAVID SMITH.

"SANDOW'S MAGAZINE" GOLD MEDAL PHOTO. COMPETITION.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.
(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.
(3) A Gold Medal will be presented each month to the one who, in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.
(4) No photos can be returned.
(5) The right is reserved to publish any of the photos submitted for competition.
(6) **No winner in a previous competition is eligible.**
(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.
(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

COUPON FOR MARCH.

Name of Competitor

Address

MEASUREMENTS.

Age.....	Upper Arm L.....
Height.....	Fore Arm L.....
Weight.....	Hips.....
Chest Contracted.....	Thigh R.....
Chest Expanded.....	Calf R.....
Waist.....	Thigh L.....
Upper Arm R.....	Calf L.....
Fore Arm R.....	Ankle.....
	Neck.....

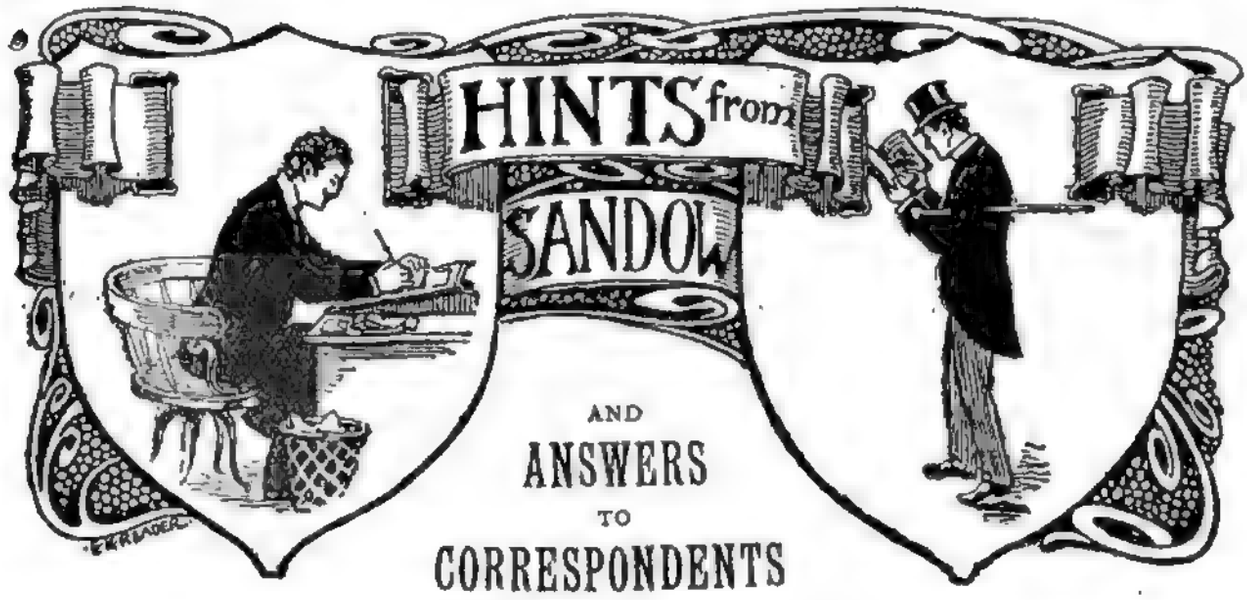
We hereby certify that the above measurements are correct. (Signed),

Name..... *Name*.....

.....

.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.



Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, *E.C., and these will receive prompt attention. Ordinary replies cannot be answered by post.*

Bronchitis.

"BRONCHITIS" (LIVERPOOL) wants a cure for his bronchitis.

Answer: At this season of the year many people are subject to attacks of bronchial exudation, with the attendant annoying symptoms of hacking cough, wheezing, shortness of breath, and expectoration. The cause of bronchitis is the effort of the organism to establish an additional channel of depuration for the removal of an excess of waste which the eliminative organs—skin, lungs, bowels and kidneys—have been unable to carry off. Medicinal treatment of this condition is most unsatisfactory. It is, however, very tractable when treated by hygienic methods. This plan of treatment is to limit the amount of food taken and to accelerate the depurating function. A fast or restricted diet will accomplish the first. The Turkish or vapour bath, free water drinking, the use of anemas, and deep breathing will secure the second. The value of deep breathing in bronchitis is not generally appreciated. The lungs present a thousand square feet of surface, and their depurating power is enormous. The following exercises, taken out of doors or in a well ventilated room, will be found a most valuable factor in the treatment. Stand erect, weight forward, head and chest up. Take slowly a full, deep breath. Then, without retaining it, exhale gently until the lungs are as nearly empty as possible. Do this from four to ten times, according to your strength, and repeat every hour if possible.

One Meal a Day.

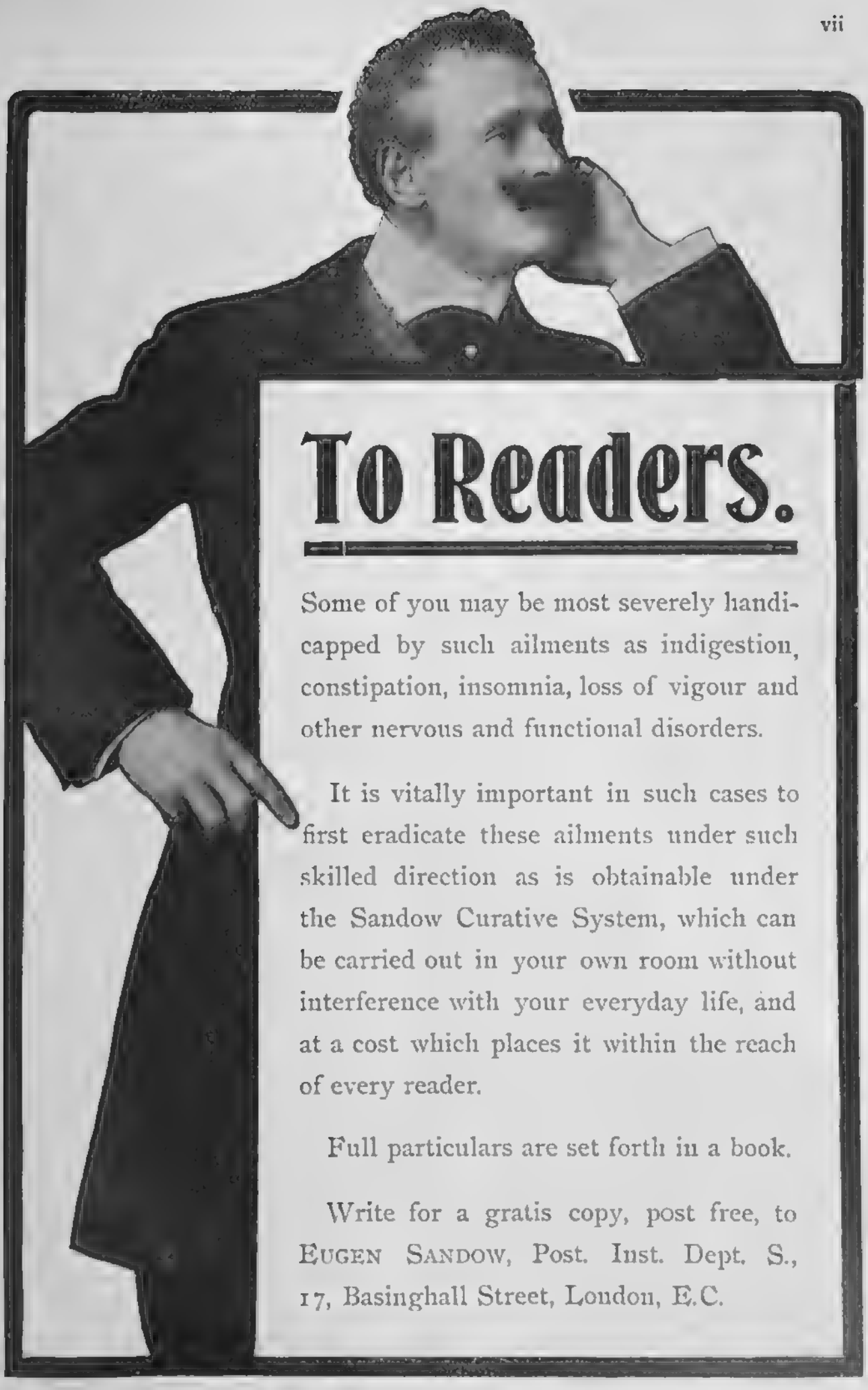
FOOD FADDIST (LINCOLN) wants to know if I consider it possible for a man to live on one meal a day?

Answer: Certainly, and I believe it would be better than the present pretty general custom of partaking of food five or even seven times a day. The one-meal-a-day plan would prove most useful to the mental worker, perhaps. The physical worker requires more bulky food than the mental worker.

A Very Common Query.

E. N. (LIVERPOOL) encloses his measurements, and asks me what I think of them.

Answer: I suppose this is about the most common form of enquiry addressed to me. I receive hundreds of them every week. I suppose the purpose of my



To Readers.

Some of you may be most severely handicapped by such ailments as indigestion, constipation, insomnia, loss of vigour and other nervous and functional disorders.

It is vitally important in such cases to first eradicate these ailments under such skilled direction as is obtainable under the Sandow Curative System, which can be carried out in your own room without interference with your everyday life, and at a cost which places it within the reach of every reader.

Full particulars are set forth in a book.

Write for a gratis copy, post free, to EUGEN SANDOW, Post. Inst. Dept. S., 17, Basinghall Street, London, E.C.

correspondents is to receive some encouragement from me, yet most of the letters do not betray that the writers are in any way dissatisfied with their progress. Generally I am able to say that I think the measurements are very good indeed, and my reply to E. N. is in keeping with this common reply.

Harriers and Lemons.

C. A. B. (EXETER) writes asking for information as to the formation of a Harriers' Club. Referring to the recommendation of a contributor in a recent issue as to the use of plenty of lemons, C. A. B. is of opinion that these are drying, and would like my opinion.

Answer: As I have not had any experience in the organisation of a Harriers' Club, I should not care to advise in this direction. Perhaps some reader will send me a letter of about 250 words, containing such advice as C. A. B. requires, and which I should be pleased to publish for his enlightenment, as well as other readers who may be interested in this matter. In regard to the lemon question, lemons are credited with having a beneficial effect upon the stomach and the blood, but I am of opinion that to eat what my contributor defines as plenty would not suit everybody. Probably C.A.B. would be benefited if he ate one every three or four days.

Indigestion and Loss of Vigour.

A. R. C. (KINGSTON) desires advice in regard to indigestion and loss of vigour. He asks if the following books are likely to help him: "Practical Methods to Ensure Success"; "Memory: How to Make and Keep it Good"; "The Art of Breathing"; "Body Building"; "Hints from Sandow."

Answer: The latter three books are the ones best suited to your requirements, but, of course, it depends upon your application of the advice they contain as to the measure of success you achieve. The two first mentioned books are not necessary at present, as your first requirement is to develop your physique, and the two books referred to belong more particularly to the domain of mental culture only. Yours would appear to be a case that would be sure to derive much greater benefit by a course of treatment under my direction, either at one of my schools, or from the Postal Instruction Department at 17, Basinghall Street, E.C.

Colon Flushing.

J. K. (GLASGOW) desires to know the names of the two beautiful children on page 97 of "Body Building." He also notes that a writer in a recent issue spoke unsympathetically of colon flushing, which he considers useful; the reason being, as he says, obvious.

Answer: I regret I cannot divulge the names asked for. My objection to the general practice of colon flushing is that it is only beneficial when actually necessary under circumstances which in a healthy body cannot exist. It is only in the debilitated, where the muscular and functional powers have become correspondingly defective, that such a course can be allowed as being advisable under such circumstances. I am strongly opposed to the too general tendency to substitute artificial aids for various bodily functions, where it is obviously more advisable to restore full functional ability.

Arm Development.

LUTTEUR (LONDON) writes that his biceps measure 12½ and forearm 11½, and is desirous of increasing his biceps on both arms by some three inches and the forearm by some two inches. What methods would I suggest as being the quickest way of consummating this desire?

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